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Back

BLOOMIN' APPLES

TOTAL TIME 1 HR

SERVES 4

We took note from the ever-popular Copycat Bloomin' Onion (page 25), applied the same technique to apples, loaded them with caramel and ice cream, and have never looked back.

- **4 tablespoons melted butter**
- **1 tablespoon packed brown sugar**
- **1 tablespoon granulated sugar**
- **½ teaspoon ground cinnamon**
- **4 apples**
- **8 chewy caramel squares**
- **Vanilla ice cream, for serving**
- **Caramel, for drizzling**

1. In a small bowl, whisk together butter, sugars, and cinnamon.
2. Slice the top off each apple, then use a melon baller (or a teaspoon) to scoop out core. Using a paring knife, make two concentric circular cuts in apple. Place apple cut-side down on a cutting board and slice crosswise, being careful not to cut through the core.
3. Fill each apple with two caramel squares, then brush melted butter mixture on top. Place cut apples in air fryer basket. Bake at 350° for 15 to 20 minutes.
4. Serve warm with ice cream and drizzle with caramel.

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Sweet Potato Fries

SERVES 1-2 PEOPLE

What you'll need:

- 3-5 Sweet potatoes
- 2 Tsp Olive oil
- Garlic Salt
- Black Pepper
- Salt
- 1/2 Tsp Paprika

1. Wash and peel Sweet potatoes. Slice into 1/2 inch thick potato strips.
2. Soak the potato strips in a bowl of water for 20 minutes, then drain and pat dry with paper towel.
3. Place the potatoes in a large mixing bowl, and stir in olive oil, salt, black pepper, garlic salt and paprika.
4. Add the seasoned sweet potatoes to the air fryer basket and cook at 370 degrees for 20 minutes. Stir fries midway through cooking.
5. Remove the basket when fries are crispy and golden brown.

Try it with a spicy ranch dipping sauce.

Lemon Garlic Crusted Salmon

SERVES 2-3 PEOPLE

What you'll need:

- 6 Salmon Fillets
- 3 oz. Butter
- 1 Garlic clove (Minced)
- 1 Large Lemon

1. Begin by making the butter mix- Heat butter over stove or melt in microwave to liquefy. Add in all spices and lemon juice and mix well.
2. Spray bottom of air fryer with cooking oil or insert a layer of foil.
3. Place salmon fillets in frying basket, and with a

PAPRIKA-PARMESAN PORK CHOPS

SERVES 4 | TOTAL TIME: 20 MIN

4 **boneless pork chops**
2 tbsp. **extra-virgin olive oil**
½ c. freshly grated **Parmesan**
1 tsp. **kosher salt**
1 tsp. **paprika**
1 tsp. **garlic powder**
1 tsp. **onion powder**
½ tsp. freshly ground **black pepper**

1. Pat pork chops dry with paper towels, then coat meat on both sides with oil. In a medium bowl, combine Parmesan, salt, and spices. Coat both sides of pork chops with mixture.

2. Place pork chops in air-fryer basket and cook at 375° for 9 minutes until pork chops are cooked through, flipping halfway through.

COCONUT SHRIMP

SERVES 4 | TOTAL TIME: 30 MIN

FOR THE SHRIMP

½ c. **all-purpose flour**
Kosher salt
Freshly ground **black pepper**
2 large **eggs**, beaten
1 c. **panko bread crumbs**
½ c. **shredded sweetened coconut**
1 lb. **large shrimp**, peeled and deveined, tails on

FOR THE DIPPING SAUCE

½ c. **mayonnaise**
1 tbsp. **Sriracha**
1 tbsp. **Thai sweet chili sauce**

1. Make shrimp: In a shallow bowl, season flour with salt and pepper. Place eggs in another shallow bowl; in a third shallow bowl, combine bread crumbs and coconut.

2. Working with one at a time, dip shrimp in flour, then eggs, then coconut mixture.

3. Working in batches, arrange shrimp in air-fryer basket and cook at 400° until golden and cooked through, 10 to 12 minutes.

4. Meanwhile, make sauce: In a small bowl, combine mayonnaise, Sriracha, and chili sauce. Serve shrimp with dipping sauce.

"ROTISSERIE" CHICKEN

SERVES 6 | TOTAL TIME: 1 HR 10 MIN

1 (3–lb.) **chicken**, cut into 8 pieces
Kosher salt
Freshly ground **black pepper**
1 tbsp. **dried thyme**
2 tsp. **dried oregano**
2 tsp. **garlic powder**
2 tsp. **onion powder**
1 tsp. **smoked paprika**
¼ tsp. **cayenne pepper**

1. Season chicken pieces all over with salt and pepper. In a medium bowl, whisk together herbs and spices, then rub spice mix all over chicken pieces.

2. Add dark meat pieces to air-fryer basket and cook at 350° for 10 minutes, then flip and cook 10 minutes more, until skin is crispy and chicken is cooked through.

3. Repeat with chicken breasts, reducing time to 8 minutes per side, cooking until skin is crispy and chicken is cooked through.

PRO TIP!

How do you know when it's done? When a meat thermometer inserted into the thickest part of the chicken registers 165°.

PARMESAN CRUSTED CHICKEN

SERVES 2 | TOTAL TIME: 30 MIN

¼ c. **all-purpose flour**
1 large **egg**, beaten
¾ c. **panko bread crumbs**
⅓ c. freshly grated **Parmesan**
2 tsp. **lemon** zest
1 tsp. **dried oregano**
½ tsp. **cayenne pepper**
Kosher salt
Freshly ground **black pepper**
2 boneless skinless **chicken breasts**

1. Place flour and egg in two separate shallow bowls. In a third shallow bowl, combine panko, Parmesan, lemon zest, oregano, cayenne; season mixture with salt and pepper.

2. Working with one at a time, dip chicken into flour, then egg, and then panko mixture, pressing to coat.

3. Place in air-fryer basket and cook at 375° for 10 minutes. Flip chicken, and cook for another 5 minutes, until coating is golden and chicken is cooked through.

"FRIED" CHICKEN

SERVES 3 | TOTAL TIME: 2 HR 10 MIN

- 2 lb. bone-in skin-on **chicken pieces** (mix of cuts)
- 2 c. **buttermilk**
- ½ c. **hot sauce**
- 3 tsp. **kosher salt**, divided
- 2 c. **all-purpose flour**
- 1 tsp. **garlic powder**
- 1 tsp. **onion powder**
- ½ tsp. **oregano**
- ½ tsp. freshly ground **black pepper**
- ¼ tsp. **cayenne pepper**

1. Trim excess fat from chicken, and place chicken pieces in a large bowl. In a medium bowl, combine buttermilk, hot sauce, and 2 teaspoons salt.

2. Pour mixture over chicken, making sure all pieces are coated. Cover and refrigerate for at least 1 hour, up to overnight.

3. In a shallow bowl or pie dish, combine flour, remaining 1 teaspoon salt, and seasonings. Working with one piece at a time, remove chicken from buttermilk, shake off excess liquid, then place in flour mixture, turning to coat.

4. Working in batches, arrange chicken in air-fryer basket. Cook at 400° until chicken is golden and internal temperature reaches 165°, 20 to 25 minutes, flipping halfway through. Repeat with remaining chicken.

THE PERFECT CHEESEBURGER

SERVES 4 | TOTAL TIME: 30 MIN

1 lb. **ground beef**
2 cloves **garlic**, minced
1 tbsp. **low-sodium soy sauce**
Kosher salt
Freshly ground **black pepper**
4 slices **American cheese**
4 **hamburger buns**
Mayonnaise
Lettuce
Sliced **tomatoes**
Thinly sliced **red onion**

1. In a large bowl combine beef, garlic, and soy sauce. Shape into 4 patties, flatten into 4" circles. Season both sides with salt and pepper.

2. Place 2 patties in air fryer and cook at 375° for 4 minutes per side for medium. Remove and immediately top with a slice of cheese. Repeat with remaining 2 patties.

3. Spread hamburger buns with mayo, then top with lettuce, patties, tomatoes, and onion.

BBQ LIME CHICKEN TACOS

SERVES 4 | TOTAL TIME: 50 MIN

2 lb. boneless skinless **chicken breasts**, cut into 2" pieces
Kosher salt
Freshly ground **black pepper**
1 c. **all-purpose flour**
2 c. **panko bread crumbs**
3 large **eggs**
1 c. **barbecue sauce**
½ c. **brown sugar**
Juice of 2 **limes**
1 tsp. **garlic powder**
8 **small flour tortillas**
½ head **green cabbage**
¼ c. **ranch dressing**, for drizzling
2 tbsp. freshly chopped **cilantro**, for garnish

PRO TIP!
If your barbecue sauce is already pretty sweet, we recommend cutting down on the brown sugar according to taste.

1. In a large bowl, season chicken with salt and pepper, then coat with flour.

2. In another bowl, beat eggs; in a separate bowl, add panko. Dip chicken in eggs, then in panko until fully coated.

3. Working in batches, add chicken to air-fryer basket in a single layer. Cook at 400° until chicken is golden and cooked through, about 10 minutes. Repeat with remaining pieces.

4. Meanwhile, in a small saucepan combine barbecue sauce, brown sugar, lime juice, and garlic powder; warm over low heat. Coat cooked chicken in sauce.

5. Serve chicken in tortillas with cabbage, drizzle with ranch dressing, and garnish with cilantro.

SWEET POTATO FRIES

SERVES 2 | TOTAL TIME: 50 MIN

FOR THE FRIES:

2 medium **sweet potatoes,** peeled and cut into ¼" sticks
1 tbsp. **extra-virgin olive oil**
½ tsp. **garlic powder**
½ tsp. **chili powder**
Kosher salt
Freshly ground **black pepper**

FOR THE DIPPING SAUCE:

2 tbsp. **mayonnaise**
2 tbsp. **barbecue sauce**
1 tsp. **hot sauce** (such as Texas Pete)

1. In a large bowl, toss sweet potatoes with oil and spices. Season with salt and pepper.
2. Working in batches, place sweet potato fries in air-fryer basket. Cook at 375° for 16 minutes, flipping halfway through.
3. Meanwhile, make dipping sauce: In a medium bowl, whisk to combine mayonnaise, barbecue sauce, and hot sauce.
4. Serve fries with sauce on the side for dipping.

BLOOMIN' APPLES

SERVES 4 | TOTAL TIME: 1 HR

4 tbsp. **butter**, melted
1 tbsp. packed **brown sugar**
1 tbsp. **granulated sugar**
½ tsp. **ground cinnamon**
4 **apples**
8 **chewy caramel squares**
Vanilla ice cream, for serving
Caramel, for drizzling

1. In a small bowl, whisk together butter, sugars, and cinnamon.
2. Slice top off each apple, then use a melon baller (or a teaspoon) to scoop out core. Using a paring knife, make two concentric circular cuts in apple. Place apple cut-side down on a cutting board and slice lengthwise, being careful not to cut through the core.
3. Fill each apple with two caramel squares, then brush melted butter mixture on top. Place cut apples in air-fryer basket and bake at 350° for 15 to 20 minutes.
4. Serve warm topped with ice cream and drizzled with caramel.

BANANA PANCAKE DIPPERS

SERVES 6 | TOTAL TIME: 30 MIN

1½ c. **all-purpose flour**
1 tbsp. **baking powder**
2 tbsp. **light brown sugar**
1 tsp. **kosher salt**
¾ c. **milk**
½ c. **sour cream**
2 large **eggs**
1 tsp. **pure vanilla extract**
Cooking spray
3 bananas, halved and sliced lengthwise
1 tbsp. **butter**
Melted **chocolate**, for dipping

1. Make pancake batter: In a large bowl, whisk together flour, baking powder, sugar, and salt. In a separate bowl, whisk together milk and sour cream, then add eggs one at a time. Stir in vanilla.
2. Add wet ingredients to dry ingredients, stir with a wooden spoon until just combined.
3. Line air-fryer basket with parchment paper and grease with cooking spray. Working in batches, dip bananas in pancake batter, then arrange in a single layer on parchment paper.
4. Cook at 350° until golden, about 16 minutes.
5. Serve with melted chocolate for dipping.

TIP!

You could also dip apple rings, halved bacon strips, or little breakfast sausages in the batter.

FRENCH TOAST STICKS

SERVES 3 | TOTAL TIME: 35 MIN

6 thick slices **Pullman loaf**, or other white loaf bread
2 large **eggs**
⅓ c. **heavy cream**
⅓ c. **milk**
3 tbsp. **granulated sugar**
¼ tsp. **ground cinnamon**
½ tsp. **vanilla extract**
Kosher salt
Maple syrup, for serving

1. Cut each bread slice into thirds. In a large shallow baking dish, beat together eggs, cream, milk, sugar, cinnamon, vanilla, and salt. Add bread, turning a few times to coat.
2. Arrange french toast in air-fryer basket, working in batches if necessary to avoid overcrowding. Cook at 375° until golden brown, about 8 minutes, tossing halfway through.
3. Serve warm french toast drizzled with maple syrup.

PRO TIP!
As with all French toast, day-old (slightly stale) bread is preferable for optimum crispiness, but it's not necessary.

BREAKFAST BOMBS

SERVES 4 | TOTAL TIME: 45 MIN

3 tbsp. **butter**, divided
4 large **eggs**
2 tbsp. **milk**
Kosher salt
Freshly ground **black pepper**
1 tbsp. finely chopped **chives**
4 strips **bacon**
1 tube **refrigerated biscuits**
¾ c. shredded **cheddar**
1 tbsp. **flaky sea salt**
1 tbsp. **everything seasoning**

1. In a large skillet over medium heat, melt 1 tablespoon butter. In a large bowl, whisk together eggs and milk. Pour egg mixture in pan and let set slightly. Reduce heat to medium-low and stir occasionally until soft curds form. Season with salt and pepper, then remove from heat and fold in chives.

2. In a large skillet over medium heat, cook bacon until crispy, 8 minutes. Drain on a paper towel–lined plate. Flatten each biscuit into a ¼"-thick round. Top each round of dough with scrambled eggs, crumbled bacon, and cheese. Bring the edges of the dough together and pinch to seal.

3. Melt remaining 2 tablespoons butter. Brush dough with butter, then sprinkle with flaky salt and everything seasoning.

4. Line air-fryer basket with parchment paper. Working in batches, add breakfast bombs, making sure they don't touch. Bake at 375° until biscuits are golden and cooked through, about 10 minutes.

HOMEMADE TATER TOTS

SERVES 10 | TOTAL TIME: 1 HR 50 MIN

3 lb. **russet potatoes**, peeled
1½ tsp. **kosher salt**, plus more for serving
½ tsp. **garlic powder**
¼ tsp. **onion powder**
Freshly ground **black pepper**

1. In a large pot of boiling water, cook potatoes until they are just barely firm when tested with a knife, about 7 minutes. Drain and let cool.

2. Use medium holes on box grater to shred potatoes. In a large bowl, combine shredded potatoes, 1½ teaspoons salt, garlic powder, onion powder, and pepper. Use your hands to form about 2 tablespoons of mixture into a tater tot shape, gently squeezing as necessary.

3. Working in batches, place tater tots in air-fryer basket. Cook on 375° until golden, 20 minutes, stopping to shake basket halfway through.

4. Remove tots from basket and sprinkle with salt before serving.

PRO TIP!

After parboiling, the potatoes will be a bit

CRISPY BUFFALO WINGS

SERVES 4 | TOTAL TIME: 45 MIN

FOR THE WINGS:

2 lb. **chicken wings**
Kosher salt
Freshly ground **black pepper**
Cooking spray

FOR THE SAUCE:

¼ c. **hot sauce** (such as Frank's RedHot)
4 tbsp. **butter**, melted
1 tsp. **Worcestershire sauce**
½ tsp. **garlic powder**

1. Season wings all over with salt and pepper.
2. Coat the inside of air fryer with cooking spray. Place wings in air-fryer basket and cook at 380° for 12 minutes. Remove basket, flip wings, and cook for another 12 minutes. Increase heat to 400° and cook 5 minutes more.
3. Meanwhile, make sauce: In a large bowl, whisk together hot sauce, butter, Worcestershire sauce, and garlic powder.
4. Add cooked wings to sauce and toss gently to coat.

SWITCH IT UP!

Ignore Step 3 and whisk together one of the sauces below!

Garlic Parm: ½ c. melted butter + 4 cloves minced garlic + ½ c. grated Parmesan + 2 tbsp. chopped parsley

Honey-Garlic: ⅓ c. honey + ⅓ c. soy sauce + 2 tsp. lime juice + 1 tsp. garlic powder

Buffacue: ½ c. buffalo sauce + ½ c. barbecue sauce

Steakhouse: ⅓ c. steak sauce + freshly ground black pepper

CHEDDAR, PEPPER & AVOCADO EGGS›

ACTIVE TIME: 8 minutes
TOTAL TIME: 10 minutes
MAKES: 1 serving

Yes, finally a diet that encourages eating cheese in moderation. Cheese is high in fat, low in carbs, and also contains protein, making it just what you need on the keto diet. Plus, one ounce of Cheddar cheese contains 20 percent of your Reference Daily Intake of calcium, which is great for bone health and may even reduce the risk of cancer, diabetes, and high blood pressure.

INGREDIENTS

- 1 ounce extra-sharp Cheddar, coarsely grated
- 1 scallion, finely chopped
- 1 ounce ham, cut into ½-inch pieces
- 2 large eggs
- 1 tablespoon milk
- Salt and pepper
- ⅛ chopped red bell pepper, for topping
- ⅛ avocado, for topping

1. Place half the Cheddar, half the scallions, and half the ham in a 10- to 12-ounce jar. Add eggs, milk, and a pinch each salt and pepper.

2. Screw lid on tightly and shake the jar until the ingredients are well mixed, about 20 seconds. Remove lid and microwave for 60 seconds, then in 15-second intervals until just set.

3. Remove from the microwave and top eggs with chopped red bell pepper, avocado, and remaining Cheddar, scallions, and ham.

PER SERVING: 356 calories, 25 g fat (10.5 g saturated fat), 26 g protein, 788 mg sodium, 6 g carbohydrates, 2 g sugars (0 g added sugars), 2 g fiber

BOURSIN, BACON & SPINACH EGGS›

ACTIVE TIME: 5 minutes
TOTAL TIME: 9 minutes
MAKES: 1 serving

You may have heard that the keto diet means you can eat a lot of bacon. At *Prevention*, we believe that while bacon is definitely high in fat, which helps to maintain ketosis, it should be eaten—and enjoyed—in moderation. Bacon is a processed meat that undergoes curing and as a result has been linked to causing high blood pressure and diseases such as cancer and diabetes.

INGREDIENTS

- 2 slices bacon
- ½ cup baby spinach
- 1 ounce Boursin cheese, crumbled
- 2 chives, finely chopped
- 2 large eggs
- 1 tablespoon milk
- Salt and pepper

1. Place bacon between 2 sheets of paper towel on a plate. Microwave until crispy, 2 to 3 minutes. Let cool, then break into small pieces.

2. Place baby spinach, half the Boursin, and chives in a 10- to 12-ounce jar. Add eggs, milk, and a pinch each salt and pepper.

3. Screw lid on tightly and shake the jar until the ingredients are well mixed, about 20 seconds. Remove lid and microwave for 60 seconds, then in 15-second intervals until just set.

4. Remove from the microwave and top eggs with remaining Boursin and chives.

PER SERVING: 364 calories, 28 g fat (13.5 g saturated fat), 22 g protein, 746 mg sodium, 4 g carbohydrates, 2 g sugars (0 g added sugars), 1 g fiber

AR, PEPPER & AVOCADO EGGS
1 tablespoon milk
Salt and pepper
⅛ chopped red bell pepper, for topping
⅛ avocado, for topping
1. Place half the Cheddar, half the scallions, and half the ham in a 10- to
& SPINACH EGGS
Cheddar, Pepper & Avocado Eggs
Tomato, Mozzarella & Basil Eggs
Boursin, Bacon & Spinach Eggs

‹TOMATO, MOZZARELLA & BASIL EGGS

ACTIVE TIME: 5 minutes
TOTAL TIME: 7 minutes
MAKES: 1 serving

Here's a take on Caprese salad for breakfast! Fresh mozzarella offers beneficial minerals such as calcium and phosphorous. See photo page 23.

INGREDIENTS

- 1 ounce fresh mozzarella, chopped into small pieces
- 3 large basil leaves, roughly chopped
- 2 large eggs
- 1 tablespoon milk
- Salt and pepper
- 3 cherry or grape tomatoes

1. Place half the mozzarella and half the basil in a 10- to 12-ounce jar. Add eggs, milk, and a pinch each salt and pepper.

2. Screw lid on tightly and shake the jar until the ingredients are well mixed, about 20 seconds. Remove lid and microwave for 60 seconds, then in 15-second intervals until just set.

3. Remove from the microwave and top eggs with tomatoes and remaining mozzarella and basil.

PER SERVING: 242 calories, 17 g fat (7.5 g saturated fat), 19 g protein, 281 mg sodium, 4 g carbohydrates, 2 g sugars (0 g added sugars), 1 g fiber

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GREEN LIGHT SMOOTHIE›

ACTIVE TIME: 10 minutes
TOTAL TIME: 10 minutes
MAKES: 1 serving

This is our kind of "juice": a savory powerhouse that uses spinach and avocado to create a green-machine smoothie. The spinach is rich in iron and folate, for blood cells and avocado provides the healthy fat and a silky texture.

INGREDIENTS

- ¾ cup unsweetened canned coconut milk
- ½ small (6 ounce) avocado
- 1 cup baby spinach
- 1 tablespoon fresh lime juice
- 1 tablespoon protein powder
- ¾ cup ice (6 cubes)
- ½ teaspoon matcha green tea powder (optional)

1. Put coconut milk, avocado, spinach, lime juice, protein powder, ice, and matcha powder in a blender and blend until smooth.

2. Pour into a glass and serve immediately.

PER SERVING: 505 calories, 46 g fat (34 g saturated fat), 18 g protein, 93 mg sodium, 14 g carbohydrates, 1 g sugars (0 g added sugars), 6 g fiber

AVOCADO, HAM & EGG CUPS

ACTIVE TIME: 10 minutes
TOTAL TIME: 25 minutes
MAKES: 4 servings

It's no wonder that avocados are the ultimate keto *superfood. They are* rich in healthy monounsaturated *fats as well as fiber* to help with heart health and aid *in digestion. And* with 2 grams of net carbs for half *an avocado,* they will keep you happily in ketosis.

INGREDIENTS

- 2 avocados
- 2 slices ham
- 4 eggs
- Salt and pepper
- Chopped chives, for topping
- Parmesan, for topping

1. Heat oven to 425°F. Halve avocados and scoop out ⅓ of the flesh from each half around the pit's indentation. Dice scooped flesh and set aside.

2. Halve ham slices and fit a slice into each avocado half to form a cup. Place avocado halves on a rimmed baking sheet. Carefully pour 1 egg into each cup. Season to taste with salt and pepper and bake until egg is set but yolk is still runny, about 15 minutes. Remove from oven and top with chives, Parmesan, and diced avocado.

PER SERVING: 267 calories, 21.5 g fat (4.5 g saturated fat), 12 g protein, 513 mg sodium, 9 g carbohydrates, 1 g sugars (0 g added sugars), 7 g fiber

Tip Did you know that chile powder contains both vitamins A and C? Both essential elements are great for your eye health and for fighting off infections!

VEGGIE & CHEESE TACO CUPS

ACTIVE TIME: 10 minutes
TOTAL TIME: 45 minutes plus cooling
MAKES: 8 servings

Mushrooms are a great substitute for meat in these taco cups. They are full of fiber, keeping you feeling full, as well as vitamins, minerals, and antioxidants. B vitamins help the body harvest energy and minerals such as selenium that aid in liver function.

INGREDIENTS

- 8 slices pepper jack or Colby jack cheese
- 1 teaspoon olive oil
- ½ cup chopped red bell pepper
- ½ cup chopped yellow bell pepper
- ½ cup chopped white onion
- 1 clove garlic, minced
- 8 ounces mixed mushrooms, chopped
- 1 teaspoon chile powder
- ½ teaspoon ground cumin
- Salt
- ¼ cup chopped cilantro, for topping
- 4 tablespoons chopped pickled jalapeños, for topping
- Lime wedges, for serving

1. Heat oven to 375°F. Place cheese slices on a parchment-lined rimmed baking sheet. Bake until bubbly, about 5 minutes. Remove from oven and let cool slightly, about 5 minutes. Gently push slices into separate muffin tin cups and let cool completely.

2. Heat olive oil in a large skillet on medium until shimmering. Add bell peppers, onion, and garlic and cook, stirring, until onion is translucent, about 5 minutes.

3. Stir in mushrooms and cook until liquid has evaporated and mushrooms are golden brown, 10 minutes. Stir in chile powder, cumin, and a pinch of salt.

4. Divide mixture among cheese cups. Top with cilantro and jalapeños. Serve with lime wedges.

PER SERVING: 117 calories, 8 g fat (5 g saturated fat), 6 g protein, 224 mg sodium, 5 g carbohydrates, 1.5 g sugars (0 g added sugars), 1 g fiber

GO-TO GUACAMOLE

ACTIVE TIME: 10 minutes
TOTAL TIME: 10 minutes
MAKES: 4 servings

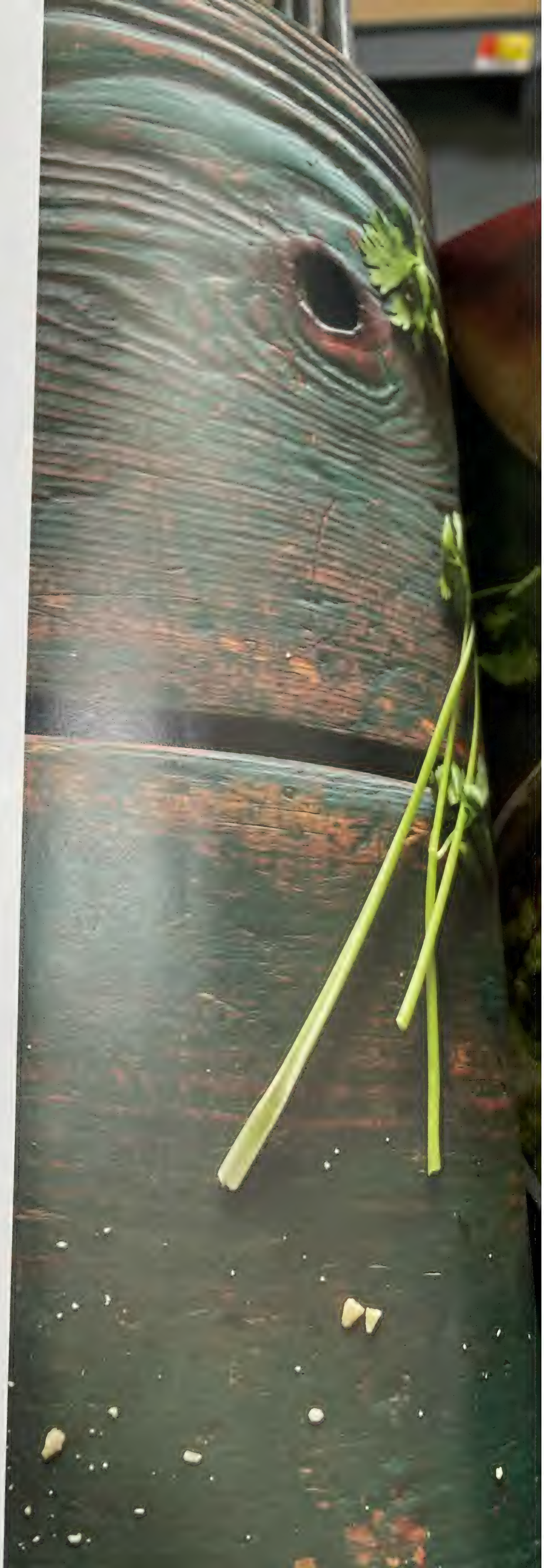
Fresh herbs are a flavor enhancer for any recipe, but did you know they also have some amazing health benefits? Cilantro is an ancient herb with a robust, savory flavor. It is also a great source of antioxidants, helps cleanse our bloodstream of toxins, lowers blood sugar, and reduces inflammation.

INGREDIENTS

- 2 avocados, chopped
- ½ small Roman tomato, diced
- ¼ cup chopped cilantro
- ¼ small onion, diced
- ½ small jalapeño, minced
- 1 clove garlic, minced
- 2 tablespoons fresh lime juice
- Salt and pepper

In a bowl, combine avocados, tomato, cilantro, onion, jalapeño, garlic, and lime juice. Mix to desired consistency and season to taste with salt and pepper.

PER SERVING: 168 calories, 4.5 g fat (2 g saturated fat), 2 g protein, 154 mg sodium, 10 g carbohydrates, 1 g sugars (0 g added sugars), 7 g fiber



COCONUT-LIME CHEESECAKE BOMBS

ACTIVE TIME: 10 minutes
TOTAL TIME: 10 minutes plus chilling
MAKES: 12 servings

Here is the solution to your dessert craving. Grated unsweetened coconut is high in fiber as well as copper and manganese, the former helping fat metabolize and the latter benefiting heart health and bones. Be sure to eat coconut only occasionally since it's high in calories and moderate in carbs.

INGREDIENTS

- ⅔ cup softened coconut oil
- 6 tablespoons cream cheese, at room temperature
- 2 teaspoons grated lime zest
- 2 teaspoons fresh lime juice
- 8 drops liquid stevia
- 1 drop pure coconut extract or pure almond extract
- 7 tablespoons finely grated unsweetened coconut

1. Line a rimmed baking sheet with parchment paper and set aside.

2. In a medium bowl, stir together coconut oil, cream cheese, lime zest, lime juice, stevia, and extract until very well blended. Stir in 4 tablespoons grated coconut until combined.

3. Drop a tablespoon of the mixture on the prepared baking sheet and repeat until you have 12 equal-size mounds.

4. Place the baking sheet in the refrigerator and chill until bombs are firm, 1 to 2 hours.

5. Place 3 tablespoons grated coconut in a small, shallow dish. Using your hands, quickly shape the bombs into balls and toss them in coconut to coat. Store in a sealed container in the refrigerator for up to 1 week.

PER SERVING: 155 calories, 16 g fat (13 g saturated fat), 1 g protein, 24 mg sodium, 1 g carbohydrates, 0.5 g sugars (0 g added sugars), 1 g fiber

PEANUT BUTTER BOMBS

ACTIVE TIME: 15 minutes
TOTAL TIME: 15 minutes plus chilling
MAKES: 12 servings

Because it excludes sugar, the keto diet can make it seem like sweet treats are not an option. Luckily, there is a fix! Use liquid stevia or erythritol to make even the most decadent treats low-carb. Be careful when using stevia since it is 200 to 300 times sweeter than regular sugar.

INGREDIENTS

- 4 ounces cream cheese, at room temperature
- ½ cup natural peanut butter
- 2 tablespoons softened coconut oil
- 12 drops liquid stevia
- ⅛ teaspoon ground cinnamon
- ⅓ cup sugar-free dark chocolate chips
- ½ cup unsalted peanuts, chopped

1. Line a rimmed baking sheet with parchment paper and set aside.

2. In a medium bowl, stir together cream cheese, peanut butter, coconut oil, stevia, and cinnamon until well blended. Stir in chocolate chips.

3. Drop a tablespoon of the mixture on the prepared baking sheet and repeat until you have 12 equal-size mounds.

4. Place the baking sheet in the refrigerator and chill until bombs are firm, about 1½ hours.

5. Place chopped peanuts in a small, shallow dish. Using your hands, shape the bombs into balls and roll them in chopped peanuts to coat. Store in a sealed container in the refrigerator up to 1 week.

PER SERVING: 180 calories, 15 g fat (6 g saturated fat), 5 g protein, 66 mg sodium, 7 g carbohydrates, 1 g sugars (0 g added sugars), 2 g fiber

CHOCOLATE PUDDING BOMBS

ACTIVE TIME: 10 minutes
TOTAL TIME: 10 minutes plus chilling
MAKES: 12 servings

Coconut oil has been praised for its abundance of healthy saturated fats. These fats can quickly be converted into a great source of energy and aid in weight loss—especially on keto!

INGREDIENTS

- ¼ cup coconut oil
- ¼ cup unsweetened cocoa
- 1 teaspoon instant espresso-coffee powder
- ½ cup cashew butter
- 2 ounces cream cheese, at room temperature
- 12 drops liquid stevia

1. Line a rimmed baking sheet with parchment paper and set aside.

2. In a medium bowl, microwave coconut oil on High until melted, about 30 seconds. Whisk in cocoa and espresso powder, cashew butter, cream cheese, and stevia until smooth and well blended.

3. Drop a tablespoon of the mixture on the prepared baking sheet and repeat until you have 12 equal-size mounds.

4. Place the baking sheet in the refrigerator and chill until bombs are firm, about 30 minutes.

5. Store in a sealed container in the refrigerator for up to 1 week.

PER SERVING: 125 calories, 12 g fat (6 g saturated fat), 3 g protein, 17 mg sodium, 4 g carbohydrates, 0 g sugars (0 g added sugars), 1 g fiber

WEEKNIGHT DINNER

CHICKEN CAPRESE

ACTIVE TIME: 15 minutes
TOTAL TIME: 25 minutes
MAKES: 4 servings

Mozarella provides gooey goodness in this classic Italian recipe and ups your ratios, too.

INGREDIENTS

- 3 tablespoons olive oil
- 4 chicken breast cutlets (about 1¼ pounds)
- 1¼ pounds tomatoes, chopped
- 3 cloves garlic, sliced
- ½ teaspoon kosher salt
- 8 ounces mini fresh mozzarella balls, halved
- 2 tablespoons chopped basil leaves
- Roasted or steamed Broccolini, for serving

1. Heat olive oil in a 12-inch skillet on medium-high; add chicken and cook, turning once, until cooked through (165°F), about 6 minutes. Transfer cutlets to a plate and cover to keep warm.

2. To the skillet, add tomatoes, garlic, and salt. Cook 3 minutes, stirring and scraping.

3. Top chicken with tomato sauce, mozzarella balls, and basil leaves. Serve with roasted or steamed Broccolini.

PER SERVING: 475 calories, 28 g fat (10 g saturated fat), 45 g protein, 570 mg sodium, 12 g carbohydrates, 0 g sugars (0 g added sugars), 4 g fiber

THAI TURKEY LETTUCE CUPS WITH CILANTRO SAUCE

ACTIVE TIME: 20 minutes
TOTAL TIME: 20 minutes
MAKES: 4 servings

Cilantro has anti-inflammatory properties that help with arthritis. Lean ground turkey is a smart choice compared to lean ground beef, with about half the saturated fat. And lettuce cups are a great keto-friendly switch for bread, tortillas, or other carb-loaded options.

INGREDIENTS

CILANTRO SAUCE

- 1 jalapeño, seeded if desired, and chopped
- 2 tablespoons fresh lime juice
- ½ cup plain yogurt
- 1 cup cilantro leaves
- ½ teaspoon ground cumin

THAI TURKEY LETTUCE CUPS

- 1 tablespoon canola oil
- 1½ pounds lean white ground turkey
- 2 cloves garlic, finely chopped
- 1 jalapeño, finely chopped
- 1 tablespoon grated peeled fresh ginger
- 1 tablespoon coconut aminos
- 2 tablespoons lime juice
- ¼ cup water (optional)
- 2 scallions, thinly sliced
- 8 butter lettuce leaves
- Sliced radishes, for serving (optional)

1. In a blender, puree jalapeño with lime juice, yogurt, cilantro, and cumin until very smooth. Set aside.

2. Heat canola oil in a large cast-iron skillet on medium-high. Add ground turkey and cook, breaking it up with a spoon, until golden brown and crispy, 6 to 8 minutes. Add garlic, jalapeño, and ginger and cook, tossing, for 1 minute.

3. Remove from heat and stir in coconut aminos, lime juice, and up to ¼ cup water if turkey mixture seems dry.

4. Sprinkle with scallions. Spoon into lettuce leaves and serve with cilantro sauce and sliced radishes, if desired.

PER SERVING: 250 calories, 6 g fat (1.5 g saturated fat), 43 g protein, 285 mg sodium, 5 g carbohydrates, 3 g sugars (0 g added sugars), 1 g fiber

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3. Remove from heat and stir in coconut aminos, lime juice, and up to ¼ cup water if turkey mixture seems dry.

4. Sprinkle with scallions. Spoon into lettuce leaves and serve with cilantro sauce and sliced radishes, if desired.

PER SERVING: 250 calories, 6 g fat (1.5 g saturated fat), 43 g protein, 285 mg sodium, 5 g carbohydrates, 3 g sugars (0 g added sugars), 1 g fiber

Tip Are you a fan of spice? Well, you're in luck, because chile peppers have a number of nutritional benefits. Capsicum is the main compound that gives these spicy peppers their kick and also helps speed up metabolism, helping body functions that give off heat and energy.

"SPAGHETTI" & MEATBALLS

ACTIVE TIME: 35 minutes
TOTAL TIME: 40 minutes
MAKES: 4 servings

Spiralized zucchini has become the new go-to as a carb substitute in so many recipes. Better yet, now most grocery stores sell zucchini already spiralized, reducing the prep work in this recipe!

INGREDIENTS

- 1 pound lean ground turkey
- ½ small onion, finely chopped
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon garlic powder
- Kosher salt and pepper
- 1 tablespoon avocado oil or olive oil
- 1 24-ounce jar low-sodium marinara sauce
- 3 large zucchini (about 12 ounces each), spiralized into zoodles
- ¼ cup grated Parmesan, for serving

1. Heat broiler and line a rimmed baking sheet with nonstick foil.

2. In a large bowl, combine turkey, onion, oregano, basil, garlic powder, and ¼ teaspoon each salt and pepper. Roll into 28 balls, about 1 tablespoon each, and place on prepared baking sheet. Drizzle with oil and broil until cooked through, 6 to 8 minutes.

3. Meanwhile, in a large skillet, bring marinara sauce to a simmer. Add zoodles and simmer, tossing occasionally, until just tender, 5 to 7 minutes. Gently fold in meatballs and serve with Parmesan.

PER SERVING: 305 calories, 14 g fat (2 g saturated fat), 28 g protein, 450 mg sodium, 20 g carbohydrates, 13 g sugars (3 g added sugars), 4 g fiber

BREAKFAST

BROCCOLI HASH BROWNS

BASIC LOW CARB

Recipe courtesy of George Stella, *stellastyle.com*

Serves 4

Nutrition per serving Calories: 85; Fat: 6g; Carbs: 7g; Fiber: 25g; Protein: 2.5g

- 2 **Tbsp. unsalted butter**
- 1 **(12-ounce) bag shredded broccoli slaw**
- ⅓ **cup diced yellow onion**
- ⅓ **cup diced red bell pepper**
- 1¼ **tsp. onion powder**
- ½ **tsp. salt**
- ½ **tsp. black pepper**

1 Heat butter in a large skillet over high heat.

2 Once butter is melted, add all remaining ingredients to the skillet and stir to combine.

3 Cook, stirring infrequently, about 8 minutes, or until vegetables are well browned.

MEXICAN VEGGIE EGG MUFFINS

SOUTH BEACH

Recipe courtesy of South Beach Diet staff

Serves 2

Nutrition per serving Calories: 266; Fat: 20g; Carbs: 10g; Fiber: 5g; Protein: 15g

- 3 **large eggs**
- 1 **Tbsp. unsweetened almond milk**
- **Cayenne pepper (optional)**
- **Black pepper (optional)**
- **Nonstick cooking spray**
- ¼ **cup or 4 Tbsp. pepper jack or shredded cheese of choice**
- ½ **avocado**
- 1 **tsp. lime juice (optional)**

1 Preheat the oven to 350° F. As the oven is preheating, chop/dice pepper, onion and tomatoes finely.

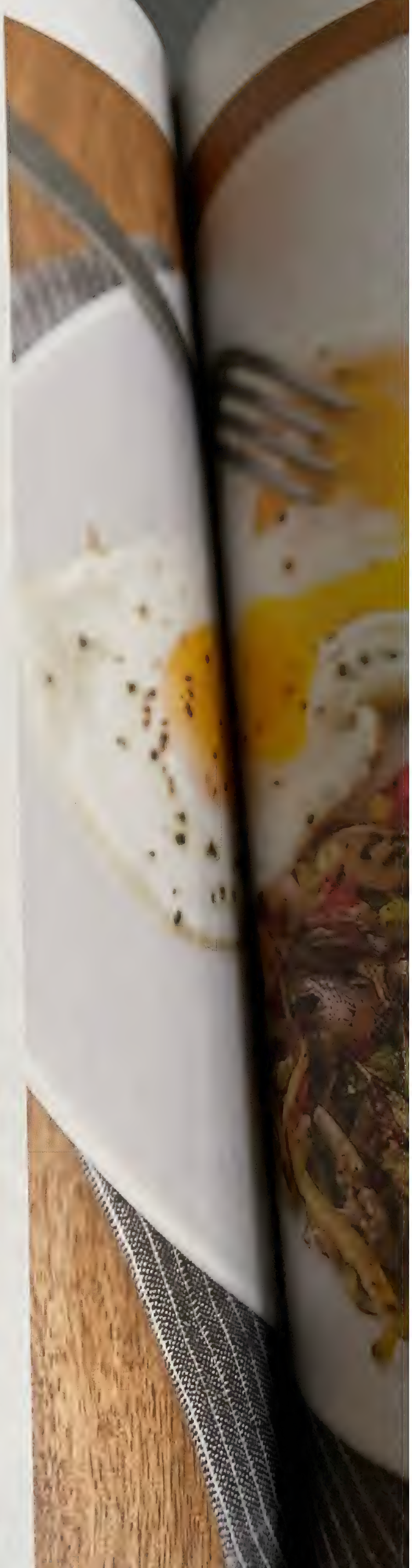
2 Crack the eggs into a medium-sized bowl and whisk them with the almond milk.

3 Add diced vegetables into the egg mixture, stir well and then sprinkle with cayenne pepper and black pepper. If you prefer not to season your eggs, omit the cayenne pepper and/or black pepper.

4 Grease four of the muffin cups of a large muffin tin with nonstick cooking spray. Fill each of the sprayed muffin cups evenly with the egg mixture.

5 Sprinkle one tablespoon of shredded pepper jack cheese, or cheese of choice (including light Mexican cheese, cheddar cheese or part-skim mozzarella cheese, if you prefer less spice), to the tops of each muffin cup.

6 Bake in the oven for about 25-30 minutes or until the eggs are set and golden brown or a toothpick inserted into the center of the muffin cup comes out clean.



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AVOCADO BREAKFAST MUFFINS

KETO

Recipe courtesy of *The Keto Diet Cookbook*, by Leanne Vogel

Serves 6 (2 muffins per serving)
Nutrition per serving Calories 174; Fat: 14g; Carbs: 3.5g; Fiber: 2g; Protein: 9g

- **8 large eggs**
- **½ cup full-fat coconut milk**
- **¼ cup finely chopped fresh cilantro leaves and stems**
- **1 medium Hass avocado, peeled, pitted and cubed**
- **3 Tbsp. nutritional yeast**
- **1 jalapeño pepper, seeded and finely diced**
- **1½ tsp. garlic powder**
- **1½ tsp. onion powder**
- **Pinch of finely ground sea salt**
- **Pinch of ground black pepper**

1 Preheat the oven to 350°F. Line a standard-size 12-well muffin pan with muffin liners, or use a silicone muffin pan, which won't require liners.

2 Place all the ingredients in a medium-sized mixing bowl and stir until combined.

3 Divide the batter evenly among the lined muffin wells, filling each about three-quarters full. Bake for 23 to 25 minutes, until a toothpick inserted into the center of a muffin comes out clean.

LOW-CARB BERRY PANCAKES

BASIC LOW CARB

Recipe courtesy of George Stella, *stellastyle.com*

Serves 4

Nutrition per serving Calories: 160; Fat: 11g; Carbs: 8g; Fiber: 4g; Protein: 7g

Batter

- **2 large eggs**
- **¼ cup water**
- **1 Tbsp. vanilla extract**
- **½ cup almond flour**
- **¼ cup milled flax seed**
- **¼ cup sugar substitute**
- **1 tsp. baking powder**
- **⅛ tsp. salt**

Toppings

- **Sugar-free pancake syrup**
- **Pat of butter (optional)**
- **Fresh blueberries or strawberries (as desired)**

1 Mix the batter ingredients in a bowl with a rubber spatula or spoon until well blended; scrape into a large measuring cup.

2 Grease a griddle or nonstickpan with cooking spray or butter; heat for about 2 minutes over medium heat.

3 Pour approximately 16 mini-cakes onto hot griddle or pan and cook on one side for 3 to 4 minutes. Flip and cook for another minute or so to finish. You may need to do this in 2 or 3 batches.

4 Remove pancakes from griddle or pan and stack on plate. Top with syrup, butter and berries as desired.

KETO BREAD

KETO

Recipe courtesy of *DrAxe.com*

Serves 1 loaf makes 20 slices
Nutrition per slice Calories: 65; Fat: 6g; Carbs: 24g; Fiber: 1g; Protein: 3.1g

- **6 egg whites**
- **¼ tsp. cream of tartar**
- **1½ cups almond flour**
- **3–4 Tbsp. butter, melted**
- **¾ tsp. baking soda**
- **3 tsp. apple cider vinegar**
- **2 Tbsp. coconut flour**

1 Preheat the oven to 375° F.
2 Add the cream of tartar to the egg white mixture and, using a hand mixer, whip the eggs until soft peaks are formed.
3 Add almond flour, butter, baking soda, apple cider vinegar and coconut flour to a food processor, blending until well incorporated.
4 Place the mix into a bowl and gently fold in egg white mixture.
5 Grease an 8x4-inch loaf pan and pour in the bread mixture.
6 Bake for 30 minutes.

***Note** You can substitute 3 teaspoons baking powder instead of the baking soda and apple cider vinegar.

CHOCOLATE PEANUT BUTTER CUP SHAKE

BASIC LOW CARB

Recipe courtesy of Chris and Heidi Powell

Serves 1
Nutrition per serving Calories: 371; Fat: 18g; Carbs: 12g; Fiber: 2g; Protein: 38g

- **½ cup unsweetened almond milk**
- **½ cup water**
- **1⅓ scoops chocolate protein powder**
- **2 Tbsp. all-natural peanut butter**
- **Ice as desired**

1 Blend almond milk wit and protein powder.
2 Blend in peanut butt
3 Blend with ice for d thickness and enjoy!

LUNCH & DINNER

DEVILED EGGS AND SUGAR SNAP PEAS

BASIC LOW CARB

Recipe courtesy of Chris and Heidi Powell

Serves 1

Nutrition per serving Calories: 348; Fat: 18g; Carbs: 12g; Fiber: 1.5g; Protein: 36g

- 3 **whole eggs**
- 1½ **Tbsp. low-fat mayo**
- 1 **tsp. Dijon mustard**
- **Paprika to taste**
- **Black pepper to taste**
- 12 **sugar snap peas**
- 2⅔ **ounces turkey deli meat**

1 Boil eggs for 10-12 minutes. Put in ice water until cool. Peel and cut eggs in half.

2 Scoop all the yolks into a bowl. Mix yolks with mayo and mustard.

3 Fill each egg with the yolk mixture and top with a dash of paprika and pepper. Eat snap peas and turkey on the side.

STOVETOP MOCK MAC AND CHEESE

BASIC LOW CARB

Recipe courtesy of George Stella, *stellastyle.com*

Serves 4

Nutrition per serving Calories: 310; Fat: 25g; Carbs: 7g; Fiber: 3g; Protein: 14.5g

- 1 **head cauliflower**
- ⅔ **cup heavy cream**
- ¾ **tsp. ground mustard**
- ½ **tsp. salt**
- ¼ **tsp. garlic powder**
- 1¼ **cups sharp cheddar cheese**
- 4 **slices deluxe American cheese**

1 Chop cauliflower into small pieces, including stem. Discard leaves.

2 Boil or steam chopped cauliflower for 10 minutes, until very tender. Drain well.

3 Transfer drained cauliflower to a saucepot over medium heat and add heavy cream, mustard, salt and garlic powder.

4 Stirring frequently, bring the heavy cream in the pot to a simmer. Let simmer for 5 minutes.

5 Remove pot from heat and stir in cheddar and American cheeses, blending until well combined.Let stand 1 minute to thickenbefore serving.

PALEO TURKEY BURGER WITH AVOCADO MANGO SALSA

PALEO

Recipe courtesy of James Phelan, J. William Culinary

Serves 6

Nutrition per serving Calories: 338; Fat: 13.5g; Carbs: 6g; Fiber: 1g; Protein: 37g

Turkey Burgers

- 2 **pounds organic ground turkey breast**
- ⅛ **cup diced yellow onion**
- 1 **Tbsp. sriracha**
- 2 **tsp. smoked paprika**
- 1 **tsp. ground cumin**
- **Black pepper**
- 2 **tsp. olive oil**

Avocado Mango Salsa

- 1 **Hass avocado, pitted, peeled and diced**
- 1 **mango, diced**
- 5 **leaves of cilantro**
- **Juice of 1 lime**
- 2 **Tbsp. avocado oil**
- **Black pepper to taste**

1 Preheat the grill to medium. In a medium-sized mixing bowl, combine all of the turkey burger ingredients, except the olive oil, and mix thoroughly. Form into six patties and place on a pan lined with parchment. Drizzle olive oil over the outside of the burger.

2 Place the burgers on an oiled grill. Allow the burgers to grill for 4-5 minutes and quarter-turn. Cook for another 4-5 minutes and flip the burgers. Repeat. The top of the burger should be a deep brown. Remove from the grill when the burgers have reached an internal temperature of 155-160°F.

3 Meanwhile, mix all of the ingredients of the Avocado Mango Salsa in a small bowl. Top each burger generously with the salsa and serve.

Low-carb mac and cheese? Yes, please! Creamy cauliflower subs in for the pasta.

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Mock
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Kale Salad with Spicy Lime-Tahini Dressing

Leafy greens like kale and lettuce provide fiber plus disease-fighting vitamins.

SPAGHETTI SQUASH

LOW CARB

Recipe courtesy of George Stella, georgestella.com

Serves 8
Nutrition per serving Calories: 34; Fat: 0g; Carbs: 5g; Fiber: 1g; Protein: 0g

- **1 medium spaghetti squash (about 3 pounds)**

1 Slice squash in half lengthwise. Scoop out the seeds with a spoon.
2 Submerge both halves of squash in boiling water and cook for about 25 minutes, or until the inside is tender to a fork and pulls apart in strands. (It is better to undercook if you are not sure.)
3 Remove from hot water, drain and cool with cold water or an ice bath to stop the cooking.
4 Use a fork to scrape the cooked squash out of its skin. Fluff and separate the squash into spaghetti-like strands. Discard the skin. You can reheat the squash strands by dipping with a strainer in boiling water just before serving.

KALE SALAD WITH SPICY LIME-TAHINI DRESSING

KETO

Recipe courtesy of *The Keto Diet Cookbook*, by Leanne Vogel

Serves 4
Nutrition per serving Calories: 517; Fat: 47g; Carbs: 21g; Fiber: 9g; Protein: 11g

- **¼ cup lime juice**
- **¼ cup tahini**
- **2 cloves garlic, minced**
- **1 jalapeño pepper, seeded and finely diced**
- **Handful of fresh cilantro leaves, chopped**
- **½ tsp. ground cumin**
- **½ tsp. finely ground sea salt**
- **¼ tsp. red pepper flakes**

Salad

- **6 cups destemmed kale leaves, roughly chopped**
- **12 radishes, thinly sliced**
- **1 green bell pepper, sliced**
- **1 medium Hass avocado, peeled, pitted and cubed**
- **¼ cup hulled pumpkin seeds**

1 Make the dressing: Place the dressing ingredients in a medium- sized bowl and whisk to combine. Set aside.
2 Make the salad: Rinse the kale under hot water for about 30 seconds to soften it and make it easier to digest. Dry the kale well, then place it in a large salad bowl. Add the remaining salad ingredients and toss to combine.
3 Divide the salad evenly among 4 bowls. Drizzle each bowl with ¼ cup of the dressing and serve.

STEAK AU POIVRE

SOUTH BEACH

Recipe courtesy of South Beach Diet staff

Serves 4
Nutrition per serving Calories: 204; Fat: 7g; Carbs: 8g; Fiber: 1g; Protein: 21g

- **4 beef tenderloin steaks (4 ounces each), trimmed of all visible fat**
- **¼ onion, chopped**
- **¼ cup green bell pepper strips**
- **¼ cup red bell pepper strips**
- **¼ cup yellow bell pepper strips**
- **1 clove garlic, minced**
- **½ tsp. beef-flavored bouillon granules**
- **½ tsp. ground paprika**
- **⅓ cup water**
- **⅓ cup fat-free evaporated milk**

1 In a small bowl, combine garlic and 1 teaspoon of peppercorns. Press a small amount of the mixture onto each side of steaks.
2 Heat a large nonstick skillet coated with olive oil cooking spray over medium heat. Arrange steaks in the skillet so that they do not overlap. Cook steaks, turning frequently, for 10 minutes, or until a thermometer inserted in the center of a steak registers 160°F for medium. Remove the steaks to a serving platter and keep warm.
3 Clean the skillet, coat with cooking spray and place over medium heat. Add onion, bell peppers and minced garlic and cook, stirring occasionally, for 5 minutes.
4 Spoon mixture over the steaks.
5 In a small bowl, combine the bouillon granules, paprika, water, milk and the remaining half teaspoon peppercorns. Pour into the skillet and cook, stirring often, over medium heat until the mixture is reduced to a ½ cup.

Leafy greens like kale and lettuce provide fiber plus disease-fighting vitamins.

CHICKEN BURRITO BOWLS

BASIC LOW CARB

Recipe courtesy of *Cook Once, Eat All Week* by Cassy Joy Garcia

Serves 5

Nutrition per serving Calories: 404; Fat: 24g; Carbs: 11g; Fiber: 5g; Protein: 38g

- 1 **Tbsp. avocado oil**
- 2 **red bell peppers, sliced thin**
- 1 **yellow onion, sliced**
- 1 ½ **tsp. coarse sea salt, divided**
- 4 **cups ground chicken**
- ¼ **cup chicken broth**
- 1 **Tbsp. fresh lime juice (about ½ lime)**
- 2 **tsp. chili powder**
- 1 **tsp. ground cumin**
- 1 **tsp. dried oregano**
- ½ **tsp. garlic powder**
- 1 **large head cauliflower or 18 ounces frozen riced cauliflower**
- 1 **Tbsp. fresh lime juice**
- ¼ **cup chopped fresh cilantro**
- 1 **avocado, sliced**
- ½ **small red onion, diced**
- 1 **lime, cut into wedges**

1 Heat oil in a large sauté pan over medium heat. Once hot, add the peppers and onion and season with ½ teaspoon of salt. Cook, stirring occasionally, 7 to 8 minutes, until peppers and onion are limp and slightly browned. When done, remove from pan and set aside.

2 Add chicken to sauté pan and cook until browned and no longer pink. Drain, then add broth, lime juice, spices and ½ teaspoon of salt. Cook 5 to 6 minutes, until broth has evaporated; remove from heat.

3 To "rice" the cauliflower, cut the florets from the stem. Either grate by hand with box grater or use food processor and pulse until a rice-like texture is achieved. Place riced cauliflower in a microwave-safe bowl with ¼ cup of water. Cover and microwave on high for 10 minutes, or until tender. Let cool slightly, and drain. Stir the remaining ½ teaspoon salt, lime juice and cilantro into the riced cauliflower.

4 To assemble the burrito bowls, divide the cauliflower rice among five bowls, then add the pepper, onion and chicken toppings. Garnish with avocado sliced, diced red onion and lime wedges.

Berry and Cream Cheese Cookies

DESSERT

BERRY AND CREAM CHEESE COOKIES

BASIC LOW CARB

Recipe courtesy of George Stella, *stellastyle.com*

Serves Makes 16 cookies

Nutrition per serving Calories: 155; Fat: 13g; Carbs: 7g; Fiber: 1.5g; Protein: 4.5g

- **2 ounces cream cheese, softened**
- **2 Tbsp. unsalted butter, softened**
- **1 cup sugar substitute**
- **1 large egg**
- **1 tsp. vanilla extract**
- **1 cup blanched almond flour**
- **½ tsp. baking soda**
- **Pinch of salt**
- **¼ cup chopped fresh strawberries**
- **¼ cup fresh blueberries**

1 Preheat oven to 375°F. Line a sheet pan with parchment paper.

2 Add the cream cheese, butter, sugar substitute, egg and vanilla extract to an electric mixer. Set to high and mix until creamy and fluffy.

3 Add the almond flour, baking soda and salt to the mixer and mix on medium until well blended.

4 Using a tablespoon or 1-ounce ice cream scoop, drop 16 evenly spaced cookies onto the prepared sheet pan. Lightly tap the pan on the counter to flatten cookies.

5 Lightly press a few of each berry into each cookie.

6 Bake for 13–14 minutes, just until the bottom of the cookies are golden brown. Let cool for 10 minutes before serving.

VANILLA PECAN PUDDING

BASIC LOW CARB

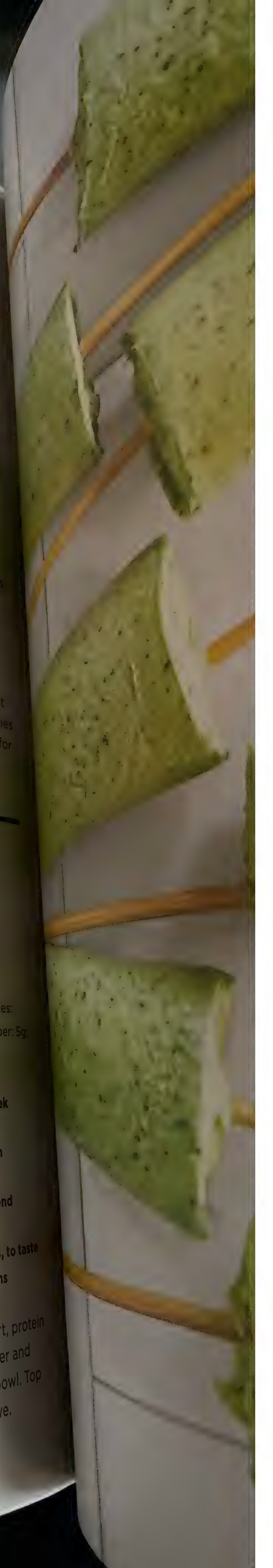
Recipe courtesy of Chris and Heidi Powell

Serves 1

Nutrition per serving Calories: 340; Fat: 19g; Carbs: 13g; Fiber: 5g; Protein: 35g

- **⅔ cup nonfat plain Greek yogurt**
- **⅔ scoop vanilla protein powder**
- **4 tsp. all-natural almond butter**
- **Vanilla stevia drops, to taste**
- **4 tsp. chopped pecans**

1 Mix the Greek yogurt, protein powder, almond butter and stevia together in a bowl. Top with pecans and serve.



Breakfast

Just because you're on the keto diet doesn't mean you have to give up muffins and pancakes! In fact, with these dishes, you may love breakfast more than ever.

Mocha Muffins

Makes 12 muffins

For freshness, buy whole flaxseeds and grind them yourself, using a clean coffee grinder.

INGREDIENTS

- 1 cup roughly ground flaxseed
- 1 cup almond flour
- 2 tbsp. monk fruit
- 1 tbsp. baking powder
- 3 tbsp. cacao powder
- 1 tsp. ground espresso or coffee
- ½ tsp. salt
- 4 large eggs
- ½ cup almond or coconut milk
- ⅓ cup MCT oil, melted
- 2 tsp. real vanilla extract

DIRECTIONS

1 Preheat oven to 350°F. Line 12-count muffin pan with unbleached paper liners; set aside.

2 Combine ground flaxseed, almond flour, monk fruit, baking powder, cacao powder, espresso and salt in large bowl. Whisk to mix fully.

3 In blender, add eggs, almond or coconut milk, oil and vanilla. Blend on high for 30 seconds, or until foamy.

4 Add liquid mixture to bowl of dry ingredients. Stir with spatula just until incorporated. Allow to sit for 3 minutes.

4 Spoon mixture into prepared muffin pan, filling each cup 90 percent of the way up to allow room for expansion.

6 Bake muffins for 13 to 15 minutes, or until an inserted toothpick comes out clean. Remove from oven; take muffins out of pan immediately and place on cooling rack.

7 Enjoy immediately with butter, ghee or coconut oil. Muffins can also be saved for later and toasted. Store in fridge for 3 to 4 days or in freezer for up to 3 months.

NUTRITION

Serving Size: 1 muffin. Calories: 180. Fat: 15 g. Protein: 7 g. Fiber: 4 g. Carbs: 9 g. Net Carbs: 5 g.

Recipe courtesy of Naomi Whittel, certified nutrition counselor and founder of Simply GOODFATS

Fresh Herb Omelet with Chipotle Lime Mayo

Makes 1 serving

INGREDIENTS

- 2 eggs
- 1 tbsp. water
- 1 tbsp. avocado oil or coconut oil
- 1 tbsp. chives, chopped
- 1 tbsp. parsley, chopped
- 1 tbsp. basil, chopped
- ½ cup arugula, finely chopped
- 3 tbsp. Chipotle Lime Mayo*
- Salt and pepper, to taste

DIRECTIONS

1 Whisk eggs and water together.

2 Warm oil in medium skillet (cast iron is best or use nonstick) over medium heat. Tilt pan to make sure the oil coats entire bottom of pan.

3 Pour eggs into pan and tilt again to make sure eggs coat entire bottom of the pan. Cook for a couple of minutes without stirring. Using flexible spatula, lift one side of cooked egg to allow some of raw egg to flow underneath and cook. Repeat so there is little to no raw egg left on top. Cook for another minute.

4 Add chives, parsley, basil and arugula to center of egg and cook another 1 to 2 minutes. Spread mayo in 3 to 4 dollops over the herbs.

5 Using spatula, flip half of egg over fillings to line up with far side of eggs. Allow to cook for another minute and then transfer omelet to a plate; season with salt and pepper to taste.

* See Chipotle Lime Mayo recipe, page 79.

NUTRITION

Serving Size: Full recipe. Calories: 550. Fat: 56 g. Protein: 15 g. Fiber: 0 g. Carbs: 4 g. Net Carbs: 0 g.

Recipe courtesy of Naomi Whittel

Keto Pancakes

Serves 4

INGREDIENTS

- ¾ cup almond flour
- ¼ cup coconut flour
- 1 scoop vanilla bone broth protein or keto collagen powder
- 1 tsp. baking powder
- ¼ tsp. sea salt
- 3 eggs
- ¼ cup coconut cream
- 1 tsp. monk fruit sweetener
- 3 tbsp. water
- 1 tbsp. coconut oil, melted
- ¼ cup almond butter (optional)

DIRECTIONS

1 In large bowl, mix together almond

Melt almond butter for a syrupy topping.

[illegible] coconut flour, bone-broth protein or keto collagen powder, baking powder and sea salt. Set aside.
2 In medium bowl, beat together eggs, coconut cream and monk fruit sweetener with fork or whisk. Beat 30 seconds for increased fluffiness.
3 Incorporate wet ingredients into dry ingredients, stirring well. Add water and coconut oil to the mixture and stir until batter thickens.
4 In large greased skillet over medium heat, add batter by the spoonful to form pancakes.
5 Let each pancake sit for 3 to 4 minutes before flipping. (They are ready to flip when easily lifted from pan with spatula.) Flip and cook another 2–3 minutes. If using, melt almond butter and pour over top.

TO MAKE IT VEGAN Replace eggs with 3 tbsp. flaxseed powder and ½ cup water. Omit bone-broth protein or keto collagen powder. Add 2 more tbsp. water and 1 more tbsp. coconut oil.

NUTRITION
Serving size: ¼ recipe. Calories: 253. Fat: 23 g. Protein: 9 g. Fiber: 3 g. Carbs: 6 g. Net Carbs: 3 g.

Recipe courtesy of Josh Axe, D.N.M., expert on the Vitamin Shoppe Wellness Council

The chilies in Thai soup can amp up metabolism.

Lunch

Speed up the fat [illegible] a ketogenic twist [illegible] and sandwiches. [illegible] keto bread for [illegible] a sandwich.

Thai Coconut Chicken Soup

Makes 8 servings

INGREDIENTS
- 3 lemongrass stalks
- 8 cups chicken bone broth
- 1 1-inch ginger, chopped
- 3 boneless, skinless chicken breasts
- ½ shallot, sliced into rounds
- 1 red bell pepper, sliced
- 1½ cups chopped mushrooms
- 1 tbsp. red chili paste
- 1 (16-oz.) can full-fat coconut milk
- Juice of ½ small lime
- 1 cup chopped fresh cilantro

DIRECTIONS
1 Crush lemongrass stalks.
2 In large pot over medium-low heat, combine lemongrass, broth and ginger. Let steep for 25 minutes.
3 Remove the bits of ginger and lemongrass.
4 Add chicken, shallot, pepper, mushrooms and chili paste and bring to a boil.
5 Simmer on low for 20 minutes, or until chicken is cooked through and vegetables are soft.
6 Remove from heat and shred chicken breasts. Add coconut milk, lime juice and cilantro. Serve warm.

NUTRITION
Serving Size: ⅛ recipe. Calories 368. Fat: 32.9 g. Protein: 13.2 g. Fiber 2 g. Carbs: 8.9 g. Net Carbs 6.9 g.

Excerpted from Keto Diet
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If avocado is cooked too long, it tastes bitter.

Turkey Lettuce Wrap

Makes 1 serving

INGREDIENTS

- 4 oz. sliced turkey
- 2 slices nitrite-free bacon, cooked
- ½ avocado, sliced
- 1 cup mixed spring lettuce or arugula
- 1 tomato, sliced
- ¼ cup broccoli sprouts
- 2 tbsp. fresh basil, chopped
- 1 large romaine lettuce leaf (to be used as wrap)
- Condiments: mustard, avocado, mayo or tahini

DIRECTIONS

Put all ingredients in center of lettuce leaf and roll up. Enjoy with sauerkraut.

NUTRITION

Serving Size: Full recipe. Calories: 370. Fat: 22 g. Protein: 32 g. Fiber: 4 g. Carbs: 12 g. Net Carbs: 8 g.

Recipe courtesy of Naomi Whittel

Keto Grilled Cheese

Makes 1 serving

INGREDIENTS

- 1 tbsp. grass-fed butter
- 2 slices Keto Bread*
- Dash smoked paprika
- 1 oz. Gouda, sliced
- 1 oz. raw cheddar cheese, sliced
- ¼ avocado, thinly sliced
- 1 tbsp. chopped fresh basil
- 1-2 tbsp. broccoli sprouts
- ¼ cup sauerkraut

DIRECTIONS

1 Warm pan over medium heat. Butter one side of each slice of bread. Sprinkle smoked paprika on buttered surface. Place one slice of bread in pan, buttered side down. Layer on cheese slices, avocado, basil and broccoli sprouts and top with remaining slice of bread, buttered side up. Lower heat slightly and cook for a few minutes until golden brown; flip and repeat. Serve with sauerkraut.

** See Keto Bread recipe, this page.*

NUTRITION

Calories: 640; Fat: 57 g. Protein: 23 g. Fiber: 7 g. Carbs: 15 g. Net Carbs: 8 g.

Recipe courtesy of Naomi Whittel

Keto BLT

Makes 1 serving

INGREDIENTS

- 2 pieces Keto Bread*, toasted (optional)
- 1 tbsp. avocado mayo
- 2 tbsp. broccoli sprouts
- 1 large lettuce leaf, torn
- ¼ avocado
- 2 pieces nitrate-free bacon
- 1 slice tomato
- ¼ cup sauerkraut

DIRECTIONS

1 Spread mayo on one side of each piece of bread. Layer broccoli sprouts, lettuce, avocado, bacon, tomato; top with other piece of bread. Serve with sauerkraut and cucumber salad.

** See Keto Bread recipe, this page.*

NUTRITION

Serving Size: Full recipe. Calories: 450. Fat: 40 g. Protein: 14 g. Fiber: 7 g. Carbs: 15 g. Net Carbs: 8 g.

Recipe courtesy of Naomi Whittel

Keto Bread

***Makes 1 8-by-4-inch loaf**

INGREDIENTS

- 6 large eggs (ideally from pasture-raised hens)
- ¼ cup organic, grass-fed butter or ghee, melted
- 1 tbsp. MCT oil, plus extra for coating pan
- 1½ cups almond flour
- ¼ cup coconut flour
- 3 tsp. baking powder (aluminum-free)
- 1 pinch sea salt
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 tbsp. monk fruit sweetener

DIRECTIONS

1 Preheat oven to 375°F.

2 Separate egg whites from yolks. In a food processor blend the yolks, half of the egg whites, melted butter and MCT oil until smooth. Pulse in almond and coconut flours, baking powder, salt, onion and garlic powders and monk fruit sweetener until combined. The mixture should be thick.

3 Add the remaining egg whites; pulse until fully combined. Do not overmix or bread texture will be tough. Pour mixture into oiled 8-by-4-inch loaf pan. Bake for about 30 minutes.

4 Test with fork to see if bread is cooked through. Cool on wire rack for 5 to 10 minutes before slicing.

NUTRITION

Serving Size: 1 medium slice. Calories: 125; Fat 10.5 g. Protein: 5.5 g. Fiber 2 g. Carbs: 4 g. Net Carbs: 2 g.

Recipe courtesy of Naomi Whittel

Zoodles soak up tons of flavor from cream, herbs, spices and more.

Sides

Zoodles

Makes 4 servings

Kale gives these a nutritional boost.

INGREDIENTS

- 2 tbsp. olive oil or tea seed oil
- 4 garlic cloves, minced
- 2 cups kale, well chopped
- 2 medium zucchini, cut into long noodle-shaped strands (aka zoodles)

DIRECTIONS

1 Warm oil in skillet over medium heat; add garlic and heat until fragrant.

2 Sauté kale until it begins to wilt. Add zoodles; cook until tender and liquid is absorbed, about 5 to 10 minutes.

NUTRITION

Serving Size: ¼ recipe. Calories: 90. Fat: 7 g. Protein: 2 g. Fiber: 6 g. Carbs: 10 g. Net Carbs: 4 g.

Mashed Caul-tatoes

Makes 4 servings

Garlic makes these mashed "potatoes" even more irresistible.

INGREDIENTS

- 1 medium head (about 1½ lbs.) cauliflower
- ¼ cup grass-fed butter
- ¼ cup minced chives
- 3 roasted garlic cloves, chopped
- ½ tsp. sea salt
- ½ tsp. black pepper

DIRECTIONS

1 In large pot filled with water, boil cauliflower for 7 to 10 minutes, or until tender. Drain.

2 In food processor, add cauliflower, butter, chives, garlic, sea salt and black pepper. Blend until smooth, serve hot.

NUTRITION

Serving Size: ¼ recipe. Calories: 141. Fat: 9 g. Protein: 1 g. Fiber: 2 g. Carbs: 5 g. Net Carbs: 3 g.

Recipe courtesy of Josh Axe, D.N.M.

Cucumber Salad

Makes 2 servings

INGREDIENTS

- 3 tbsp. olive oil or tea seed oil
- 2 tbsp. lemon juice
- 2 cucumbers, sliced
- 2 cups shredded red cabbage
- 1½ cups arugula
- ¼ cup chopped fresh dill
- ½ avocado, sliced

DIRECTIONS

1 In medium bowl, combine oil a lemon juice; whisk well.

2 Add cucumbers, cabbage, arugula and dill; toss to coat. T with avocado.

NUTRITION

Serving Size: ½ recipe. Calor Fat: 24 g. Protein: 5 g. Fiber Carbs: 13 g. Net Carbs: 7 g.

Recipe courtesy of Naomi W

One white food that's keto-friendly.

ings

ishes; but store-bought
chy thickening agents
vn to be sure of what
her, brighter taste.

Avocado Ranch Dressing

Makes 2 cups

INGREDIENTS

- 1 cup goat's milk kefir
- 2 tbsp. chopped scallions
- 2 tsp. chopped fresh thyme
- 2 tsp. chopped fresh parsley
- 1 tsp. chopped fresh dill
- 2 tsp. roasted garlic
- ¼ tsp. onion powder
- 2 very ripe avocados
- Sea salt and cracked black pepper, to taste

Avocados ripen more quickly in a paper bag.

DIRECTIONS

1 Combine ingredients in food processor and process until well-blended and creamy.

NUTRITION

Serving Size: 2 tbsp. Calories: 65. Fat: 5.5 g. Protein: 1.4 g. Fiber: 2 g. Carbs: 3 g. Net Carbs: 1 g.

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Basil Lemon Dressing

Makes ½ cup

INGREDIENTS

- ¼ cup olive oil or tea seed oil
- Juice of 1 lemon
- Zest of 1 lemon
- 1 tsp. raw honey
- ¼ cup chopped fresh basil
- 1 tbsp. collagen powder
- ½ tsp. salt

DIRECTIONS

1 In small bowl, whisk together olive oil, lemon juice and zest, honey, basil, collagen and salt. Pour dressing over salad and enjoy immediately.

NUTRITION

Serving Size: 2 tbsp. Calories: 144. Fat: 6 g. Protein: 3 g. Fiber: 0 g. Carbs: 3 g. Net Carbs: 3 g.

Recipe courtesy of Naomi Whittel, certified nutrition counselor and founder of Simply GOODFATS

Chipotle Lime Mayo

Makes about 1 cup

INGREDIENTS

- 1 whole egg
- 1 egg yolk
- ½ tsp. dried chipotle powder
- 1½ tbsp. lime juice
- Zest of 1 lime
- ½ tsp. garlic powder
- Pinch of salt
- ¾ cup MCT oil

DIRECTIONS

1 Place egg and egg yolk, chipotle powder, lime juice and zest, garlic powder and salt in food processor or blender. Process until combined, about 30 seconds. Slowly add the oil (if using a food processor, use the attachment that allows you to slowly add oil a little at a time) until it is completely emulsified. Store in the refrigerator.

NUTRITION

Serving Size: ¼ cup. Calories: 315. Fat: 34 g. Protein: 9 g. Fiber: 0 g. Carbs: 1 g. Net Carbs: 1 g.

Recipe courtesy of Naomi Whittel

Chipotle and citrus add kick to mayo.

Hollandaise Sauce

Makes ¼ cup

INGREDIENTS

- 2 tbsp. grass-fed butter or ghee, melted
- 1 egg yolk
- ¼ tsp. Dijon mustard
- 1 tbsp. lemon juice
- ¼ tsp. sea salt
- 1¼ tsp. water

DIRECTIONS

In high-speed blender, blend all ingredients until well-combined.

NUTRITION

Per 1 tbsp.: Calories: 67. Fat: 7 g. Protein: 1 g. Fiber: 0 g. Carbs: 0.3 g. Net Carbs: 0.3 g.

Excerpted from Keto Diet

A keto classic: Hollandaise and asparagus.

Unlike many diets, the keto program encourages indulging your sweet tooth. By skipping added sugar and grain flours, you can have your cake and slash carbs too!

Keto Brownies

Makes 16 brownies

INGREDIENTS

- ½ cup almond flour
- ¼ cup unsweetened cacao powder
- ½ tsp. sea salt
- ½ tsp. baking powder
- 2 oz. unsweetened dark chocolate
- ½ cup coconut oil, melted
- ½ cup monk fruit sweetener
- 3 eggs
- ½ tsp. vanilla extract

DIRECTIONS

1 Preheat oven to 350°F. Line 8-by-8-inch baking pan with parchment paper.

2 In medium bowl, mix almond flour, cacao powder, salt and baking powder.

3 Using double boiler, melt unsweetened dark chocolate and coconut oil together and stir until smooth.

4 In separate bowl, vigorously beat monk-fruit sweetener, eggs and vanilla extract. Add in chocolate-coconut-oil mixture and stir until thoroughly combined.

5 Fold in dry ingredients and mix until brownie "batter" forms. Pour into lined baking pan and bake for 20 minutes, or until inserted toothpick comes out clean.

MAKE IT VEGAN

Replace eggs with 3 tbsp. flaxseed powder and 1/2 cup water.

GIVE IT A COLLAGEN BOOST

Add 2 scoops collagen protein to dry ingredients.

NUTRITION

Serving Size: 1 brownie. Calories: 171. Fat: 14.8 g. Protein: 5 g. Fiber: 3.5 g. Carbs: 7 g. Net Carbs: 3.5 g.

Recipe courtesy of Josh Axe, D.N.M., expert on the Vitamin Shoppe Wellness Council

Creamy Keto Ice Cream

Makes 3 servings

INGREDIENTS

- 4 whole large eggs
- 5 large egg yolks
- 1½ tbsp. monk fruit
- 1 tbsp. vanilla extract
- 2 tsp. lemon juice
- 2¼ oz. creamy MCT oil (vanilla-coconut flavor)
- ⅔ cup coconut oil
- 7 tbsp. butter

DIRECTIONS

1 Let ingredients come to room temperature, about 1 hour.

2 Blend eggs and yolks, monk fruit, vanilla and lemon juice in blender on high for 5 minutes.

3 Microwave MCT oil, coconut oil and butter for 45 seconds. Slowly pour into egg mixture while whisking to emulsify until consistency of yogurt.

4 Place in container and freeze for 8 hours. Keto ice cream is best eaten within 24 hours, but can be enjoyed for up to a month. If ice cream becomes too hard, microwave in two 20-second intervals to soften.

NUTRITION

Serving Size: ½ cup. Calories: 262. Fat: 27 g. Protein: 3 g. Fiber: 0 g. Carbs: 1 g. Net Carbs: 1 g.

Recipe courtesy of Naomi Whittel, certified nutrition counselor and founder of Simply GOODFATS

These keto brownies have just 3.5 net carbs.

Ice cream made with MCT oil tastes like the real thing.

EDIENTS
up natural peanut butter (no
ıgar added)
sp. Swerve confectioners-
yle sweetener
sp. blanched almond flour
. vanilla extract
stevia-sweetened Lily's
ing Chocolate Baking Chips
MCT oil

ONS
te or small rimmed baking

3 Form peanut butter mixture into 10 small balls and place on parchment-lined plate. Place plate in freezer for 30 minutes.

4 After 30 minutes, place the chocolate chips in small microwave-safe bowl and heat until fully melted, about 45 seconds.

5 Add MCT oil to melted chocolate and mix well.

6 Remove peanut-butter balls from freezer. Dip one at a time into melted chocolate. Use spoon to

...colate until

...lace chocolate-coated balls on parchment paper-lined plate.

8 Place chocolate-coated balls in freezer for 10 to 15 minutes, until chocolate is solid. Store extras in zip-top plastic bag in freezer for up to 6 months.

NUTRITION

Serving Size: 2 bites. Calories: 122. Fat: 10 g. Protein: 4.2 g. Fiber: 1 g. Carbs: 7 g. Net Carbs: 6 g.

Recipe courtesy of Simply Keto by blogger Suzanne Ryan (ketokarma.com)

Chocolate Avocado Mousse

Makes 4 servings

INGREDIENTS

- 1 tsp. pure vanilla extract
- 1½ cups mashed avocado (2 to 3 avocados)
- 2 scoops chocolate keto protein powder (or 2 scoops collagen protein plus 1 tablespoon MCT oil; or chocolate bone-broth protein)
- ¼ cup cacao powder
- ½ cup water

DIRECTIONS

1 In food processor, combine vanilla, avocado, keto protein powder and cacao powder. Process until creamy, stopping to scrape down sides of the with spatula, if needed. Add water and process until smooth.

2 Serve at room temperature or chilled. Store in sealed container in refrigerator for up to 3 days or in freezer for up to 2 weeks.

NUTRITION

Serving Size: ¼ recipe. Calories: 260. Fat 22 g. Protein: 4.4 g. Fiber: 10 g. Carbs: 11 g. Net Carbs: 1 g.

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About Those Sweeteners

Sugar is verboten on the ke... still enjoy plenty of sweet ... as opposed to artificial su... some people, these chem... cravings and even disrupt... four natural sweeteners h...

Made ... this sweetener p... sweetness without ... sugar. **Unlike stevia, ... never has a bitter afte...** a zero on the glycem... have a stabilizing eff... only downside? It c... erythritol and is n... But it's 300 t... table suga... a l...

Stevia

The earlier form... extract of the he... *rebaudiana* tended t... aftertaste, but that h... improved in most bra... **contains no calories ... zero on the glycemi...** 200 to 300 times s... sugar—meaning y... only a little. It'... powder or l...

gently roll balls in chocolate until fully covered.

7 Place chocolate-coated balls on parchment paper–lined plate.

8 Place chocolate-coated balls in freezer for 10 to 15 minutes, until chocolate is solid. Store extras in zip-top plastic bag in freezer for up to 6 months.

NUTRITION

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- ½ cup water

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2 Serve at room temperature or chilled. Store in sealed container in refrigerator for up to 3 days or in freezer for up to 2 weeks.

NUTRITION

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About Those Sweeteners...

Sugar is verboten on the keto diet; but thanks to modern science, you can still enjoy plenty of sweet goodness. Just try to stick with natural products as opposed to artificial substitutes (aspartame, sucralose, Splenda): In some people, these chemicals can affect blood sugar, lead to more cravings and even disrupt hormones and ketosis. On the other hand, the four natural sweeteners here have few side effects.

Monk Fruit

Made from a fruit native to Asia, this sweetener provides low-calorie sweetness without the insulin spikes of sugar. **Unlike stevia, monk-fruit sweetener never has a bitter aftertaste,** yet it still scores a zero on the glycemic index—and may even have a stabilizing effect on blood sugar. The only downside? It costs more than stevia or erythritol and is not as widely available. But it's 300 times sweeter than table sugar, so a little goes a long way!

Erythritol

This keto favorite is a powdered or granulated form of sugar alcohol, which is found naturally in fruits and vegetables and does not appear to have negative side effects when used in moderation. The structure of its molecules gives it a sweet taste without the side effects of sugar. Calorie-wise, it has just 0 to 0.2 calories per gram, while sugar has 4 calories per gram. Like stevia, it ranks zero on the glycemic index. Erythritol is not quite as sweet as sugar, so you might need to use a little more of it to get the same taste. It's now available at most specialty markets.

Swerve

Swerve is an all-natural, no-calorie, zero-glycemic-index sweetener that is actually a combination of erythritol, natural citrus flavor and oligosaccharides, which come from starchy root vegetables. Sounds off-limits, right? Don't worry. The body doesn't digest oligosaccharides—so they don't affect blood sugar. Swerve is great for baking, because it can be browned and caramelized like cane sugar—so it's useful for making keto desserts.

Stevia

The earlier forms of this extract of the herb *Stevia rebaudiana* tended to have a bitter aftertaste, but that has been greatly improved in most brands. **Pure stevia contains no calories or carbs and ranks zero on the glycemic index.** It is also 200 to 300 times sweeter than table sugar—meaning you need to use only a little. It's available in powder or liquid form.

Keto-Friendly Replacements for High-Carb Foods

Here's how to swap a no-no with a new go-to.

TORTILLAS

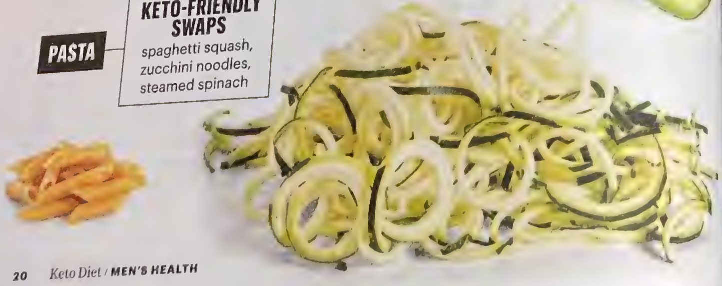
KETO-FRIENDLY SWAPS
lettuce wraps, egg wraps, coconut or almond flour tortillas

HAMBURGER BUNS

KETO-FRIENDLY SWAPS
avocado halves, cheese buns, low-carb rolls, egg buns

PASTA

KETO-FRIENDLY SWAPS
spaghetti squash, zucchini noodles, steamed spinach



MASHED POTATOES

KETO-FRIENDLY SWAPS
mashed cauliflower, mashed broccoli, mashed kohlrabi, mashed turnip

POTATO CHIPS

KETO-FRIENDLY SWAPS
pork rinds, baked cheese chips, zucchini chips

FRENCH FRIES

KETO-FRIENDLY SWAPS
jicama fries, zucchini fries, turnip fries

BREAD CRUMBS

KETO-FRIENDLY SWAPS
Almond flour, pork rinds, psyllium husk, coconut flour

Mixed Berry Smoothie

Total time: 10 minutes
Serves 4

1½ CUPS FROZEN STRAWBERRIES

1½ CUPS FROZEN RASPBERRIES, PLUS MORE FOR GARNISH (OPTIONAL)

1 CUP FROZEN BLACKBERRIES

2 CUPS COCONUT MILK

1 CUP BABY SPINACH

UNSWEETENED SHAVED COCONUT, FOR GARNISH (OPTIONAL)

1. In a blender, combine all ingredients (except for shaved coconut). Blend until smooth.

2. Divide between cups and top with raspberries and coconut, if using.

Nutrition (per serving): 296 calories, 4g protein, 20g carbohydrates, 25g fat (21g saturated), 7g fiber, 24mg sodium

Basic Omelets

Total time: 15 minutes
Serves 4

- CHOICE OF FILLING (SEE OPTIONS AT RIGHT)
- 8 LARGE EGGS
- ½ CUP WATER
- ½ TEASPOON KOSHER SALT
- 4 TEASPOONS BUTTER

1. Prepare the filling of your choice; keep warm. In a medium bowl and using a wire whisk, beat the eggs, water, and salt.

2. In a 10-inch nonstick skillet, melt 1 teaspoon butter over medium-high heat. Pour ½ cup of the egg mixture into the skillet for each omelet. Cook, gently lifting the edge of the eggs with a heat-safe rubber spatula and tilting the pan to allow the uncooked eggs to run underneath, until the eggs are set, about 1 minute. Spoon one-fourth of the filling over half the omelet. Fold the unfilled half of the omelet over the filling and slide it onto a warm plate. Repeat with the remaining butter, egg mixture, and filling. If desired, keep the finished omelets warm in a preheated 200°F oven until all omelets are cooked.

Nutrition (per serving): (without filling): 185 calories, 13g protein, 1g carbohydrates, 14g fat (5g saturated), 0g fiber, 455mg sodium

Bunless Bacon, Egg & Cheese

Total time: 10 minutes
Serves 1

- 2 EGGS
- 2 TABLESPOONS WATER
- ¼ CUP SHREDDED CHEDDAR
- ½ AVOCADO, LIGHTLY MASHED
- 2 SLICES COOKED BACON

1. In a medium nonstick pan, place two mason jar lids (centers removed). Spray the entire pan with cooking spray and heat over medium heat. Crack eggs into the centers of the lids and lightly whisk with a fork to break up yolk.

2. Pour water around the lids and cover the pan. Cook, letting the eggs steam, until the whites are cooked through, about 3 minutes. Remove lid and top one egg with cheddar. Cook until the cheese is slightly melty, about 1 minute more.

3. Invert the egg bun without the cheese onto the plate. Top with mashed avocado and cooked bacon. Top with the cheesy egg bun, cheese side down. Eat with fork and knife.

Nutrition (per serving): 460 calories, 27g protein, 7g carbohydrates, 36g fat (13g saturated), 5g fiber, 600mg sodium

FUN FILLINGS

Creamy Mushroom Filling
In a 10-inch nonstick skillet, melt 1 tablespoon **butter** over medium heat. Add 1 medium **onion**, finely chopped; cook until tender, about 5 minutes. Stir in 8 ounces **mushrooms**, trimmed and thinly sliced; ½ teaspoon **kosher salt**; and ¼ teaspoon **ground black pepper**; cook until the liquid has evaporated. Stir in ¼ cup **heavy cream**; boil until thickened, about 3 minutes. Stir in 2 tablespoons chopped **fresh parsley**. Use one-fourth of the mushroom mixture for each omelet.

Nutrition (per serving): 290 calories, 15g protein, 8g carbohydrates, 23g fat (11g saturated), 1g fiber, 637mg sodium

Salsa-Avocado Filling
In a 10-inch nonstick skille[t,] cook 1 cup medium-hot **no-sugar-added salsa** over medium heat, stirrin[g] frequently until the liqui[d] evaporated. Divide the s[...] 1 ripe medium **avocado** peeled and chopped, a[...] cup **sour cream** amon[g] omelets.

Nutrition (per serving[):] 300 calories, 14g pro[tein,] 10g carbohydrates, 2[...] fat (8g saturated), 3g[...] 620mg sodium

Perfect Pancakes

Total time: 30 minutes
Serves 5

½ CUP ALMOND FLOUR

4 OUNCES CREAM CHEESE, SOFTENED

4 LARGE EGGS

1 TEASPOON LEMON ZEST

BUTTER, FOR FRYING AND SERVING

1. In a medium bowl, whisk together almond flour, cream cheese, eggs, and lemon zest until smooth.

2. In a nonstick skillet over medium heat, melt 1 tablespoon butter. Pour in about 3 tablespoons batter and cook until golden, 2 minutes. Flip and cook 2 minutes more. Transfer to a plate and continue with the rest of the batter.

3. Serve topped with butter.

Nutrition (per serving): 110 calories, 4g protein, 2g carbohydrates, 10g fat, (3.5 g saturated), 1g fiber, 75mg sodium

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Taco Brunch Casserole

Total time: 50 minutes
Serves 4

- 1 TABLESPOON EXTRA-VIRGIN OLIVE OIL
- 1 POUND GROUND TURKEY
- 1 TABLESPOON CHILI POWDER
- 1 TEASPOON GROUND CUMIN
- ½ TEASPOON GARLIC POWDER
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER
- COOKING SPRAY
- 5 LARGE EGGS
- ½ CUP WHOLE MILK
- ¾ CUP SHREDDED MONTEREY JACK
- 1 CUP SHREDDED ROMAINE LETTUCE
- 1 MEDIUM TOMATO, CHOPPED
- 1 SMALL AVOCADO, HALVED, PITTED, AND DICED
- SOUR CREAM, FOR DRIZZLING

1. Preheat oven to 350°F. In a 10-inch ovenproof skillet over medium-high, heat oil. Add ground turkey and season with chili powder, cumin, garlic powder, salt, and pepper. Cook, breaking up meat with back of a wooden spoon, until turkey is no longer pink, 6 to 8 minutes. Remove from heat and liberally coat the sides of the skillet with cooking spray.

2. In a medium bowl, whisk together eggs, milk, and cheese. Pour over the cooked ground turkey.

3. Bake until center of eggs are set, 30 to 40 minutes.

4. Garnish with lettuce, tomatoes, avocado, and sour cream before serving.

Nutrition (per serving): 360 calories, 15g protein, 10g carbohydrates, 22g fat (8g saturated), 3g fiber, 220g sodium

Taco Br
Cassero

Total time: 50 minutes
Serves 4

1 TABLESPOON EXTRA-VIRGIN OLIVE OIL
1 POUND GROUND TUR
1 TABLESPOON CHILI P
1 TEASPOON GROUND
½ TEASPOON GARLIC
KOSHER SALT
FRESHLY GROUND B
COOKING SPRAY
5 LARGE EGGS
½ CUP WHOLE MILK
¾ CUP SHREDDED MONTEREY JACK
1 CUP SHREDDED ROMAINE LETTUC
1 MEDIUM TOMAT
1 SMALL AVOCA PITTED, AND DIC
SOUR CREAM, F

Huevos Rancheros

Total time: 30 minutes
Serves 4

- 1 TABLESPOON VEGETABLE OIL
- 1 MEDIUM ONION, COARSELY CHOPPED
- 1 CLOVE GARLIC, FINELY CHOPPED
- 1 JALAPEÑO CHILI, SEEDED AND FINELY CHOPPED
- 1 CAN (14 TO 16 OUNCES) TOMATOES
- ¼ TEASPOON KOSHER SALT
- 3 TABLESPOONS BUTTER
- 4 LARGE EGGS
- 2 TABLESPOONS SOUR CREAM
- 1 TABLESPOON CHOPPED FRESH CILANTRO
- 1 RIPE MEDIUM AVOCADO, PITTED, PEELED, AND CUT CROSSWISE INTO THIN SLICES, FOR GARNISH

1. Preheat oven to 350°F. In a 2-quart nonreactive saucepan, heat oil on medium high. Add onion, garlic, and jalapeño and cook, stirring occasionally, until onion is tender, about 5 minutes. Stir in tomatoes with their juices and salt; heat to boiling over high heat, breaking up tomatoes with the side of a spoon. Reduce the heat; cover and simmer, stirring occasionally, for 5 minutes.

2. Meanwhile, in a 10-inch skillet, melt butter over medium heat. Break 1 egg into a small cup and, holding the cup close to the skillet, slip the egg into the skillet; repeat with the remaining eggs. Reduce the heat to low; cook slowly, spooning the butter over the eggs to baste them and turning the eggs to cook on both sides, until the egg whites are completely set and the egg yolks begin to thicken but are not hard.

3. Place an egg on each plate. Spoon 2 tablespoons tomato sauce over each. Top with some sour cream, sprinkle with cilantro, and garnish with avocado slices. Serve with the remaining tomato sauce.

Nutrition (per serving): About 310 calories, 9g protein, 13g carbohydrates, 25g fat (9g saturated), 5g fiber, 508mg sodium

Pizza Eggs

Total time: 10 minutes
Serves 2

- COOKING SPRAY, FOR PAN
- 2 LARGE EGGS
- ¼ CUP PIZZA SAUCE, DIVIDED
- ¼ CUP SHREDDED MOZZARELLA, DIVIDED
- 10 MINI PEPPERONI
- FRESHLY GRATED PARMESAN, FOR GARNISH
- DRIED OREGANO, FOR GARNISH
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER

1. Spray a medium skillet over medium heat with cooking spray, then spray the inside of a mason jar lid. Place mason jar lid in the center of skillet and crack an egg inside.

2. Top with half the pizza sauce, half the cheese, and half the pepperoni. Cover with lid and cook until egg white is set and cheese is melty, 4 to 5 minutes. Repeat with remaining ingredients. Top with Parmesan and oregano, season with salt and pepper, and serve.

Nutrition (per serving): 260 calories, 13g protein, 4g carbohydrates, 22g fat (7g saturated), 1g fiber, 550mg sodium

Cauliflow Breakfas

Total time: 50 minutes
Serves 4 to 6

- 6 SLICES BACON, CUT INTO 1-INCH PIECES
- 1 ONION, CHOPPED
- 1 RED PEPPER, CHOPPED
- 1 LARGE HEAD OF CAULIFLOWER, CHOPPED
- KOSHER SALT
- FRESHLY GROUND BLAC
- ¼ TEASPOON SMOKED P
- 3 TABLESPOONS WATE
- 2 CLOVES GARLIC, MIN
- 2 TABLESPOONS FINE CHOPPED CHIVES
- 4 EGGS
- 1 CUP SHREDDED CH

1. In a large nonst over medium hea until crispy. Turn transfer bacon t towel-lined plat most of bacon removing any b from the botto

2. Turn heat b and add onio and cauliflow Cook, stirring until the veg

Scrambled Eggs with Cream Cheese

Total time: 20 minutes
Serves 8

14 LARGE EGGS

¼ TEASPOON GROUND BLACK PEPPER

3 TABLESPOONS BUTTER

6 OUNCES CREAM CHEESE, CUT INTO 1-INCH CUBES

1. In a large bowl and using a wire whisk, beat the eggs and pepper until well blended.

2. In a 12-inch nonstick skillet, melt the butter on medium; add the eggs. With a heat-safe spatula, gently stir the egg mixture as it begins to set to form soft curds.

3. When the eggs are partially cooked, top with the cream cheese. Continue cooking, stirring occasionally, until the eggs have thickened and no visible liquid egg remains. Serve on a warm platter.

Nutrition (per serving): 245 calories, 13g protein, 2g carbohydrates, 20g fat (10g saturated), 0g fiber, 217mg sodium

No Pasta Mac & Cheese

Total time: 1 hour 20 minutes
Serves 8

For the Mac & Cheese

- BUTTER, FOR BAKING DISH
- 2 MEDIUM HEADS CAULIFLOWER, CUT INTO FLORETS
- 2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL
- KOSHER SALT
- 1 CUP HEAVY CREAM
- 6 OUNCES CREAM CHEESE, CUT INTO CUBES
- 4 CUPS SHREDDED CHEDDAR
- 2 CUPS SHREDDED MOZZARELLA
- 1 TABLESPOON HOT SAUCE (OPTIONAL)
- FRESHLY GROUND BLACK PEPPER

For the Topping

- 4 OUNCES PORK RINDS, CRUSHED
- ¼ CUP FRESHLY GRATED PARMESAN
- 1 TABLESPOON EXTRA-VIRGIN OLIVE OIL
- 2 TABLESPOONS FRESHLY CHOPPED PARSLEY, FOR GARNISH

1. Preheat oven to 375°F and butter a 9-by-13-inch baking dish. In a large bowl, toss cauliflower with oil and season with salt. Spread cauliflower onto two large baking sheets and roast until tender and lightly golden, about 40 minutes.

2. Meanwhile, in a large pot over medium heat, heat cream. Bring up to a simmer, then decrease heat to low and stir in cheeses until melted. Remove from heat, add hot sauce if using, and season with salt and pepper, then fold in roasted cauliflower. Taste and season more if needed.

3. Transfer mixture to prepared baking dish. In a medium bowl, stir to combine pork rinds, Parmesan, and oil. Sprinkle mixture in an even layer over cauliflower and cheese.

4. Bake until golden, 15 minutes. If desired, turn oven to broil to toast topping further, about 2 minutes.

5. Garnish with parsley before serving.

Nutrition (per serving) 665 calories, 34g protein, 12g carbohydrates, 55g fat (29g saturated), 3g fiber, 1,090mg sodium

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Crispy Chicken & Waffles

Total time: 35 minutes
Serves 6

For the Chicken

- COOKING SPRAY
- 4 OUNCES PORK RINDS
- 1 CUP FRESHLY GRATED PARMESAN
- 1 LARGE EGG
- 2 TABLESPOONS MAYONNAISE
- 2 TABLESPOONS WATER
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER
- 1 POUND BONELESS SKINLESS CHICKEN BREASTS, CUT INTO STRIPS

For the Waffles

- 4 LARGE EGGS
- 2 CUPS ALMOND FLOUR
- 1 CUP SHREDDED CHEDDAR
- 1 CUP MILK
- 1 CUP SOUR CREAM
- 1 TEASPOON BAKING POWDER
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER
- COOKING SPRAY
- 2 TABLESPOONS FRESHLY CHOPPED CHIVES, FOR GARNISH
- BUTTER (OPTIONAL)

1. Preheat oven to 425°F. Line a baking sheet with parchment paper and grease generously with cooking spray. Add pork rinds to a food processor and pulse until fine crumbs form. Transfer to a shallow dish and combine with Parmesan.

2. In a medium bowl, whisk together egg, mayo, and water. Season with salt and pepper.

3. Dip chicken pieces in egg mixture, letting excess liquid drip off. Coat chicken in pork-rind mixture, pressing to adhere, and place on baking sheet. Bake until golden, 25 to 30 minutes.

4. Preheat a waffle iron. In a large bowl, whisk eggs, then whisk in almond flour, cheddar, milk, sour cream, and baking powder and season with salt and pepper. Grease waffle iron with cooking spray. Following waffle maker directions, add ½ cup batter and cook until golden, 4 to 5 minutes. Repeat with remaining batter.

5. Serve chicken tenders with waffles and garnish with chives and butter.

Nutrition (per serving): 530 calories, 45g protein, 6g carbohydrates, 36g fat (12g saturated), 2g fiber, 840mg sodium

Spicy Chicken Sandwich

Total time: 30 minutes
Serves 6

For the Buns

- 2 CUPS SHREDDED MOZZARELLA
- 4 OUNCES CREAM CHEESE
- 3 LARGE EGGS
- 3 CUPS ALMOND FLOUR
- 2 TEASPOONS BAKING POWDER
- 1 TEASPOON KOSHER SALT
- 2 TABLESPOONS BUTTER, MELTED

For the Chicken Sandwich

- 4 (6-OUNCE) SKINLESS, BONELESS CHICKEN BREASTS
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER
- 2 TABLESPOONS SWEET PAPRIKA
- 1 TABLESPOON OLIVE OIL
- 2 TABLESPOONS MAYONNAISE
- 1 TABLESPOON CHOPPED CHIPOTLE CHILES IN ADOBO
- ½ AVOCADO, HALVED, PITTED, AND SLICED
- 2 TABLESPOONS CRUMBLED BLUE CHEESE

1. Preheat oven to 400°F and line a baking sheet with parchment paper. In a large microwave-safe bowl, melt together mozzarella and cream cheese. Add eggs and stir to combine, then add almond flour, baking powder, and salt.

2. Form dough into 6 balls and flatten slightly, then place on prepared baking sheet. Brush with butter. Bake until golden, 10 to 12 minutes. Let cool slightly.

3. Season chicken breasts with salt, pepper, and paprika. In a large skillet over medium-high heat, heat oil. Cook chicken until golden on both sides, 8 minutes per side.

4. In a small bowl, mix mayo and chipotle chiles until combined.

5. To assemble the sandwiches, thinly slice chicken. Halve buns and spread chipotle mayonnaise on each side. Top with chicken slices, avocado, and blue cheese. Top with bun half and serve.

Nutrition (per serving): 720 calories, 42g protein, 16g carbohydrates, 57g fat (15g saturated), 7g fiber, 1,040mg sodium

Best Greek

Total time: 15 minutes
Serves 4

For the Salad

- 1 PINT GRAPE OR CHERRY TOMATOES, HALVED
- 1 CUCUMBER, THINLY SLICED INTO HALF MOONS
- 1 CUP HALVED KALAMATA OLIVES
- ½ RED ONION, THINLY SLICED
- ¼ CUP CRUMBLED FETA

For the Dressing

- 2 TABLESPOONS RED WINE VINEGAR
- JUICE FROM ½ LEMON
- 1 TEASPOON DRIED OREGAN
- KOSHER SALT
- FRESHLY GROUND BLACK P
- ¼ CUP EXTRA-VIRGIN OLIV

Best Greek Salad

Total time: 15 minutes
Serves 4

For the Salad

- [illegible] PINT GRAPE OR CHERRY TOMATOES, HALVED
- [illegible] CUCUMBER, THINLY SLICED INTO HALF MOONS
- 1 CUP HALVED KALAMATA OLIVES
- [illegible] RED ONION, THINLY SLICED
- [illegible] CUP CRUMBLED FETA

For the Dressing

- 2 TABLESPOONS RED WINE VINEGAR
- JUICE FROM ½ LEMON
- 1 TEASPOON DRIED OREGANO
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER
- [illegible] CUP EXTRA-VIRGIN OLIVE OIL

1. In a large bowl, stir together tomatoes, cucumber, olives, and onion. Gently fold in feta.

2. In a small bowl, make dressing: Combine vinegar, lemon juice, and oregano and season with salt and pepper. Slowly add olive oil, whisking to combine.

3. Drizzle dressing over salad.

Nutrition (per serving): 230 calories, 5g protein, 7g carbohydrates, 20g fat (6g saturated), 2g fiber, 320mg sodium

No-Bread Italian Subs

Total time: 15 minutes
Serves 6

- ½ CUP MAYONNAISE
- 2 TABLESPOONS RED WINE VINEGAR
- 1 TABLESPOON EXTRA-VIRGIN OLIVE OIL
- 1 SMALL GARLIC CLOVE, GRATED
- 1 TEASPOON ITALIAN SEASONING
- 6 SLICES HAM
- 12 SLICES SALAMI
- 12 SLICES PEPPERONI
- 6 SLICES PROVOLONE
- 1 CUP SHREDDED ROMAINE
- ½ CUP ROASTED RED PEPPERS

1. Make creamy Italian dressing: In a small bowl, whisk together mayo, vinegar, oil, garlic, and Italian seasoning until emulsified.

2. Assemble sandwiches: Layer a slice of ham, two pieces salami, two pieces pepperoni, and a slice of provolone.

3. Add a handful of lettuce and a few roasted red peppers in the middle. Drizzle with creamy Italian dressing, then roll up to serve. Repeat with remaining ingredients until you have 6 roll-ups.

Nutrition (per serving): 390 calories, 16g protein, 3g carbohydrates, 34g fat (10g saturated), 0g fiber, 1,210mg sodium

Turkey Meatball & Kale Soup

Total time: 45 minutes
Serves 4

- 1 LARGE EGG
- ½ CUP GRATED PARMESAN, PLUS MORE FOR SERVING
- ½ CUP FLAT-LEAF PARSLEY, FINELY CHOPPED
- 1 POUND GROUND TURKEY
- ¼ TEASPOON GARLIC POWDER
- KOSHER SALT
- PEPPER
- 2 TABLESPOONS OLIVE OIL
- 1 MEDIUM ONION, CHOPPED
- 2 CLOVES GARLIC, FINELY CHOPPED
- 1 (32-OUNCE) CONTAINER LOW-SODIUM TURKEY OR CHICKEN BROTH
- 1 MEDIUM BUNCH KALE, STEMS DISCARDED, LEAVES CHOPPED (ABOUT 4 CUPS)
- 1 CUP HALF-AND-HALF

1. Heat oven to 350°F. Line a rimmed baking sheet with nonstick foil.

2. In a large bowl, combine egg, Parmesan, and parsley. Add turkey, garlic powder, and ⅓ teaspoon each salt and pepper and mix to combine. Shape into small balls (each from about 1 level tablespoon mixture) and place on prepared baking sheet. Bake until set and barely pink on outside, 10 minutes; drain and set aside.

3. Meanwhile, heat oil in a large pot or Dutch oven on medium. Add onion and garlic and cook, stirring frequently, until just tender, about 3 to 5 minutes.

4. Add broth and bring to a boil on high. Reduce heat to low and stir in kale. While stirring, slowly add half-and-half. Add meatballs and cook 10 minutes (do not boil). Season to taste with salt and pepper. Serve topped with extra Parmesan if desired.

Nutrition (per serving) 400 calories, 30g protein, 10g carbohydrates, 27g fat (10g saturated), 1g fiber, 605mg sodium

Fried Chicken

Total time: 1 hour 15 minutes
Serves 6–8

For the Chicken

6 BONE-IN, SKIN-ON CHICKEN BREASTS (ABOUT 4 POUNDS)

KOSHER SALT

FRESHLY GROUND BLACK PEPPER

2 LARGE EGGS

½ CUP HEAVY CREAM

¾ CUP ALMOND FLOUR

1½ CUPS FINELY CRUSHED PORK RINDS

½ CUP FRESHLY GRATED PARMESAN

1 TEASPOON GARLIC POWDER

½ TEASPOON PAPRIKA

For the Spicy Mayo

½ CUP MAYONNAISE

1½ TEASPOON HOT SAUCE

1. Preheat oven to 400°F and line a large baking sheet with parchment paper. Pat chicken dry with paper towels and season with salt and pepper.

2. In a shallow bowl, whisk together eggs and heavy cream. In another shallow bowl, combine almond flour, pork rinds, Parmesan, garlic powder, and paprika. Season with salt and pepper.

3. Working one at a time, dip chicken in egg mixture and then in almond flour mixture, pressing to coat. Place chicken on prepared baking sheet.

4. Bake until chicken is golden and internal temperature reaches 165°F, about 45 minutes.

5. Meanwhile, make the spicy mayo: In a medium bowl, combine mayonnaise and hot sauce. Add more hot sauce depending on preferred spiciness level.

6. Serve chicken warm with dipping sauce.

Nutrition (per serving) 780 calories, 72g protein, 5g carbohydrates, 51g fat (15g saturated), 1.5g fiber, 952mg sodium

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Ta-Ketos

Total time: 20 minutes
Serves 6

- 1 TABLESPOON EXTRA-VIRGIN OLIVE OIL
- ¼ ONION, FINELY CHOPPED
- 2 CLOVES GARLIC, MINCED
- ½ TEASPOON CUMIN
- ½ TEASPOON CHILI POWDER
- 1 ½ CUPS SHREDDED CHICKEN
- ⅓ CUP RED ENCHILADA SAUCE
- 2 TABLESPOONS FRESHLY CHOPPED CILANTRO, PLUS MORE FOR GARNISH
- KOSHER SALT
- 1 CUP SHREDDED CHEDDAR
- 1 CUP SHREDDED MONTEREY JACK
- SOUR CREAM, FOR SERVING (OPTIONAL)

1. Preheat oven to 375°F. Line a small baking sheet with parchment paper. In a medium skillet over medium heat, heat oil then add onion and cook until slightly soft, 3 minutes. Add garlic and spices and cook until fragrant, 1 to 2 minutes more. Add chicken and enchilada sauce, then bring mixture to a simmer. Stir in cilantro, season with salt, and remove from heat.

2. Make taquito shells: In a medium bowl, mix together cheeses. Divide mixture into 6 piles on prepared baking sheet. Bake 8 to 10 minutes, or until cheese is melted and slightly golden around the edges. Let cool 2 to 4 minutes, then add a small pile of chicken and roll tightly. Repeat until all taquitos are made.

3. Garnish with cilantro and serve with sour cream, for dipping.

Nutrition (per serving): 230 calories, 17g protein, 2g carbohydrates, 18g fat (9g saturated), 0g fiber, 310mg sodium

Zoodle Alfredo with Bacon

Total time: 20 minutes
Serves 4

- ½ POUND BACON, CHOPPED
- 1 SHALLOT, CHOPPED
- 2 CLOVES GARLIC, MINCED
- ¼ CUP WHITE WINE
- 1 ½ CUPS HEAVY CREAM
- ½ CUP GRATED PARMESAN, PLUS MORE FOR GARNISH
- 1 (16-OUNCE) CONTAINER ZUCCHINI NOODLES
- FRESHLY GROUND BLACK PEPPER

No-Carb Philly Cheesesteaks

Total time: 30 minutes
Serves 4

- 2 TABLESPOONS VEGETABLE OIL, DIVIDED
- 1 LARGE ONION, THINLY SLICED
- 2 LARGE GREEN BELL PEPPERS, THINLY SLICED
- 1 TEASPOON DRIED OREGANO
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER
- 1 POUND SKIRT STEAK, THINLY SLICED
- 1 CUP SHREDDED PROVOLONE
- 8 LARGE BUTTERHEAD LETTUCE LEAVES
- 1 TABLESPOON CHOPPED PARSLEY

1. Heat 1 tablespoon of oil in a large skillet over medium heat, then add onion and bell peppers. Season with oregano and salt and pepper. Cook, stirring often, until the onions and peppers are tender, about 5 minutes. Remove peppers and onions from skillet and heat remaining 1 tablespoon oil in skillet.

2. Add steak slices in a single layer and season with salt and pepper. Sear steak on one side, about 2 minutes. Flip and cook until the steak is seared on the second side and is done to your liking, about 2 minutes more for medium.

3. Add onion mixture back to skillet and toss to combine. Sprinkle provolone over steak and onions, then cover skillet with a tight-fitting lid and cook until the cheese has melted, about 1 minute. Remove from heat.

4. Arrange lettuce on a serving platter. Scoop ⅛ of the steak mixture onto each piece of lettuce. Garnish with parsley and serve warm.

Nutrition (per serving): 370 calories, 31g protein, 7g carbohydrates, 23g fat (9g saturated), 2g fiber, 250mg sodium

Cheesy Beef Meatballs

Total time: 50 minutes
Serves 4

For the Meatballs

- 1 POUND GROUND BEEF
- 1 CLOVE GARLIC, MINCED
- ½ CUP SHREDDED MOZZARELLA
- ¼ CUP FRESHLY GRATED PARMESAN, PLUS MORE FOR SERVING
- 2 TABLESPOONS FRESHLY CHOPPED PARSLEY
- 1 LARGE EGG, BEATEN
- 1 TEASPOON KOSHER SALT
- ½ TEASPOON FRESHLY GROUND BLACK PEPPER
- 2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL

For the Sauce

- 1 MEDIUM ONION, CHOPPED
- 2 CLOVES GARLIC, MINCED
- 1 (28-OUNCE) CAN CRUSHED TOMATOES
- 1 TEASPOON DRIED OREGANO
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER

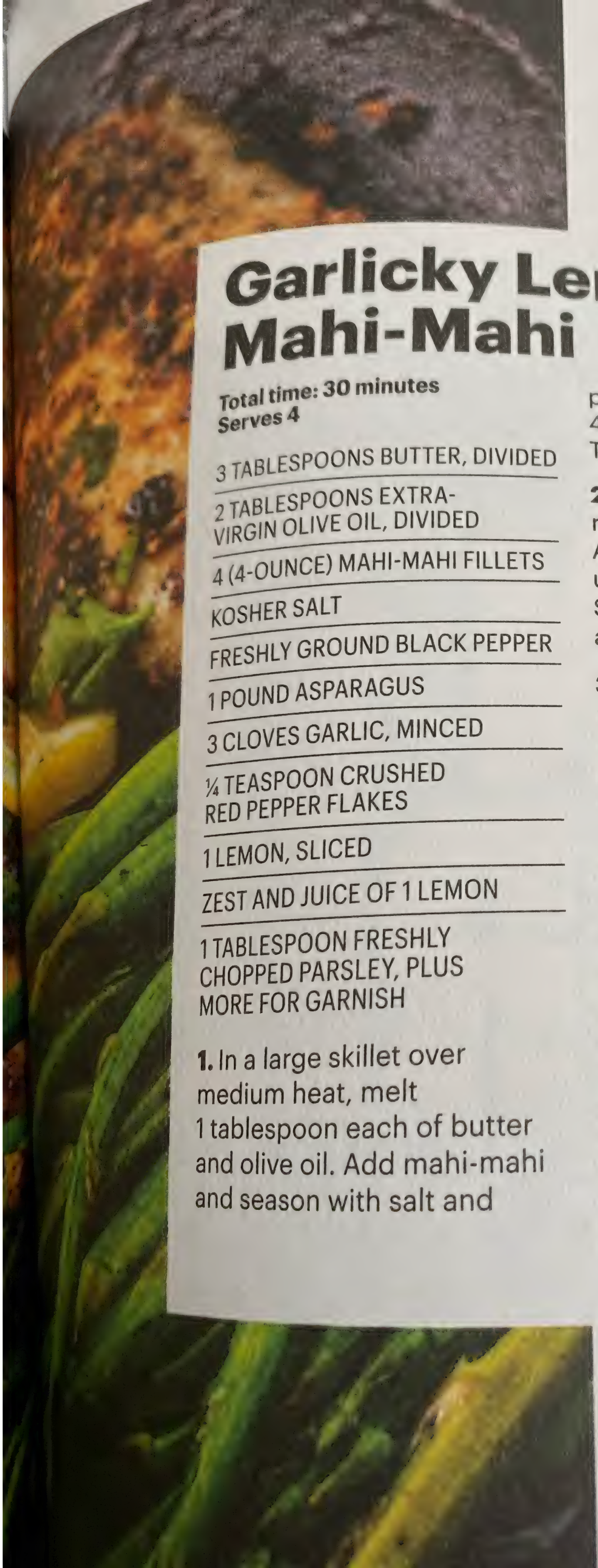
1. In a large bowl, combine beef, garlic, mozzarella, Parmesan, parsley, egg, and salt and pepper. Form into 16 meatballs.

2. In a large skillet over medium heat, heat oil. Add meatballs and cook, turning occasionally, until golden on all sides, about 10 minutes. Remove from skillet and place on a paper towel–lined plate.

3. To the same skillet, add onion and cook until soft, 5 minutes. Add garlic and cook until fragrant, 1 minute more. Add tomatoes and oregano and season with salt and pepper.

4. Add meatballs back to skillet, cover and simmer until sauce has thickened, 15 minutes. Garnish with Parmesan before serving.

Nutrition (per serving) 468 calories, 31g protein, 19g carbohydrates, 30g fat (10g saturated), 5g fiber, 1,242mg sodium



Garlicky Lemon Mahi-Mahi

Total time: 30 minutes
Serves 4

- 3 TABLESPOONS BUTTER, DIVIDED
- 2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL, DIVIDED
- 4 (4-OUNCE) MAHI-MAHI FILLETS
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER
- 1 POUND ASPARAGUS
- 3 CLOVES GARLIC, MINCED
- ¼ TEASPOON CRUSHED RED PEPPER FLAKES
- 1 LEMON, SLICED
- ZEST AND JUICE OF 1 LEMON
- 1 TABLESPOON FRESHLY CHOPPED PARSLEY, PLUS MORE FOR GARNISH

1. In a large skillet over medium heat, melt 1 tablespoon each of butter and olive oil. Add mahi-mahi and season with salt and pepper. Cook until golden, 4 to 5 minutes per side. Transfer to a plate.

2. To the same skillet, add remaining 1 tablespoon oil. Add asparagus and cook until tender, 2 to 4 minutes. Season with salt and pepper and transfer to a plate.

3. To the same skillet, add remaining 2 tablespoons butter. Once melted, add garlic and red pepper flakes and cook until fragrant, 1 minute, then stir in lemon, zest, juice, and parsley. Remove from heat, then return mahi-mahi and asparagus to skillet and spoon over sauce.

4. Garnish with more parsley before serving.

Nutrition (per serving): 200 calories, 21g protein, 0g carbohydrates, 13g fat (6g saturated), 2g fiber, 180mg sodium

BLT Burgers

Total time: 35 minutes
Serves 4

- 1 POUND BACON SLICES, HALVED
- FRESHLY GROUND BLACK PEPPER
- 1 POUND GROUND BEEF
- KOSHER SALT
- ½ CUP MAYONNAISE
- JUICE OF ½ LEMON
- 3 TABLESPOONS FINELY CHOPPED CHIVES
- BUTTERHEAD LETTUCE, FOR SERVING
- 2 TOMATOES, SLICED

1. Preheat oven to 400°F and place a baking rack inside of a baking sheet (to help catch grease).

2. Make a bacon weave: On the baking rack, line 3 bacon halves side-by-side. Lift one end of the middle bacon slice and place a fourth bacon half on top of the side pieces and underneath the middle slice. Lay the middle slice back down.

3. Next, lift the two side strips of bacon and place a 5th bacon half on top of the middle piece and underneath the sides. Lay the side slices back down.

4. Finally, lift the other end of the middle slice and place a 6th slice on top of the side pieces and underneath the middle slice. Repeat to make a second weave.

5. Season with pepper and bake until bacon is crispy, 25 minutes. Transfer to a paper towel–lined plate to blot grease. Let cool for at least 10 minutes.

6. Meanwhile, make burgers: Preheat grill (or grill pan) to medium-high heat. Shape ground beef into large patties and season both sides with salt and pepper. Grill until cooked to your liking, about 4 minutes per side for medium.

7. Make herb mayo: In a small bowl, whisk together mayonnaise, lemon juice, and chives.

8. Assemble burgers: For each burger, place a bacon weave on the bottom then spread it with some herb mayo. Top with burger, lettuce, tomato, and another bacon weave. Serve immediately.

Nutrition (per serving): 980 calories, 67g protein, 4g carbohydrates, 75g fat (21g saturated), 1g fiber, 2,180mg sodium

Fat Head Supreme Pizza

Total time: 30 minutes
Serves 4

For the Toppings

- ½ TABLESPOON EXTRA-VIRGIN OLIVE OIL
- ½ ONION, CHOPPED
- 1 BELL PEPPER, CHOPPED
- 2 ITALIAN SAUSAGE LINKS, REMOVED FROM CASINGS
- ⅓ CUP MARINARA SAUCE
- 3 TABLESPOONS SHREDDED MOZZARELLA
- ¼ CUP SLICED BLACK OLIVES
- 8 SLICES PEPPERONI

For the Pizza Crust

- 2 CUPS SHREDDED MOZZARELLA
- 2 OUNCES CREAM CHEESE
- ⅔ CUP ALMOND FLOUR
- 1 LARGE EGG
- 1 TEASPOON ITALIAN SEASONING

1. Preheat oven to 425°F and line a large baking sheet with parchment paper. In a small skillet over medium-high heat, heat oil. Add onion and bell pepper and cook 4 minutes. Add sausage and cook, breaking up meat with a wooden spoon, until seared and no longer pink, about 5 minutes.

2. Make pizza crust: In a medium microwave-safe bowl, combine 2 cups shredded mozzarella and cream cheese and microwave until melty, about 1 minute. Stir in almond flour, egg, and Italian seasoning until fully combined.

3. Place pizza dough on prepared baking sheet. Using wet hands, spread the dough into an oval shape as thin as dough will allow. Bake 10 minutes.

4. Use a fork to poke holes in the dough if it has puffed up. Spread marinara sauce over crust and top with 3 tablespoons mozzarella, sausage mixture, olives, and pepperoni.

5. Bake until cheese is melty, 4 to 6 minutes. Let cool slightly before slicing into 8 pieces.

Nutrition (per serving): 550 calories, 30g protein, 13g carbohydrates, 42g fat (15g saturated), 3g fiber, 1,100mg sodium

Cheesy Lasagna

Total time: 60 minutes
Serves 8

For the "Noodle" Layer

- 3 LARGE EGGS
- 1 (12-OUNCE) CONTAINER RICED CAULIFLOWER (ABOUT 2½ CUPS)
- 1 CUP SHREDDED MOZZARELLA
- KOSHER SALT

For the Meat Filling

- ½ TABLESPOON EXTRA-VIRGIN OLIVE OIL
- 1 POUND GROUND TURKEY
- 1 TEASPOON ITALIAN SEASONING
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER
- 2 TABLESPOONS TOMATO PASTE
- ¾ CUP CRUSHED TOMATOES

For the Cheese Filling

- 1 CUP RICOTTA
- ¾ CUP SHREDDED MOZZARELLA, DIVIDED
- ¼ CUP GRATED PARMESAN
- 1 LARGE EGG, BEATEN
- 1 TEASPOON ITALIAN SEASONING
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER
- FRESHLY CHOPPED PARSLEY, FOR GARNISH

1. Preheat the oven to 350°F and line a rimmed half sheet pan with parchment paper. In a large bowl, beat eggs, then stir in cauliflower, 1 cup mozzarella, and salt. Spread cauliflower mixture onto prepared sheet pan in an even layer about ¾-inch thick.

2. Bake until firm to the touch and golden, 25 minutes. Let cool 10 minutes, and increase oven temperature to 400°F.

3. Meanwhile, in a medium skillet over medium-high heat, heat oil. Add ground turkey and season with Italian seasoning, salt, and pepper. Cook turkey, breaking up the meat with back of a wooden spoon, until no longer pink, 6 to 8 minutes. Stir in tomato paste and crushed tomatoes and cook 2 minutes, stirring constantly. Remove from heat.

4. In a medium bowl, mix ricotta cheese, ½ cup mozzarella, Parmesan, egg, and Italian seasoning until combined. Season with salt and pepper.

5. Grease an 8-by-8-inch baking dish with cooking spray. Add half the meat to the baking pan. Cut the cauliflower "noodle" layer into strips and place in baking dish to fit bottom layer. Top with entire ricotta mixture and more cauliflower noodles, then top with remaining meat and cauliflower noodles. Sprinkle remaining shredded mozzarella on top.

6. Bake in oven until golden, 20 to 25 minutes.

7. Garnish with parsley before serving.

Nutrition (per serving): 250 calories, 29g protein, 7g carbohydrates, 13g fat (6g saturated), 2g fiber, 380mg sodium

Chee

Total time: 60 m
Serves 8

For the "No

3 LARGE EGGS
1 (12-OUNCE) C
CAULIFLOWER
1 CUP SHREDD
KOSHER SALT

For the Me

½ TABLESPOO
VIRGIN OLIVE
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¾ CUP SH
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Bacon Avocado Fries

Total time: 30 minutes
Serves 12

- 3 AVOCADOS, PITTED AND PEELED
- 12 THIN STRIPS OF BACON
- ¼ CUP RANCH DRESSING

1. Preheat oven to 425ºF. Slice each avocado into 4 equally sized wedges. Wrap each wedge in bacon, cutting bacon if needed. Place all 12 wedges on a baking sheet, seam side down.

2. Bake until bacon is cooked through and crispy, 12 to 15 minutes.

3. Serve with ranch.

Nutrition (per serving): 120 calories, 4g protein, 3g carbohydrates, 11g fat (2g saturated), 2g fiber, 190mg sodium

Avocado Crab Boats

Total time: 10 minutes
Serves 4

- 12 OUNCES LUMP CRAB MEAT
- ⅓ CUP GREEK YOGURT
- ½ RED ONION, MINCED
- 2 TABLESPOONS CHOPPED CHIVES
- 3 TABLESPOONS LEMON JUICE
- ½ TEASPOON CAYENNE PEPPER
- KOSHER SALT
- 2 AVOCADOS, HALVED AND PITTED
- 1 CUP SHREDDED CHEDDAR

1. In a medium bowl, stir together crab meat, yogurt, onion, chives, lemon juice, and cayenne, and season with salt.

2. Scoop out avocados to create bowls, leaving a small border. Dice scooped-out avocado and fold into crab mixture.

3. Preheat broiler. Fill avocado bowls with crab mixture and top with cheddar. Broil until cheese is just melted, about 1 minute. Serve immediately.

Nutrition (per serving): 350 calories, 30g protein, 9g carbohydrates, 21g fat (8g saturated), 5g fiber, 510mg sodium

Fries

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2. Scoop out avocados to create bowls, leaving a small border. Dice scooped-out avocado and fold into crab mixture.

3. Preheat broiler. Fill avocado bowls with crab mixture and top with cheddar. Broil until cheese is just melted, about 1 minute. Serve immediately.

Nutrition (per serving): 350 calories, 30g protein, 9g carbohydrates, 21g fat (8g saturated), 5g fiber, 510mg sodium

Greek Yogurt Dip

Total time: 40 minutes
Serves 8

- 2 TABLESPOONS OLIVE OIL
- 2 ONIONS, THINLY SLICED
- 2 TEASPOONS FRESH THYME LEAVES
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER
- 1 TABLESPOON APPLE CIDER VINEGAR
- 2 CUPS GREEK YOGURT
- CARROT STICKS, FOR SERVING

1. Heat olive oil in a medium skillet over medium heat. Add onions and thyme and season to taste with salt and pepper. Turn down the heat to medium-low and cook, stirring occasionally, until onions are soft and caramelized—about 20 minutes. If the onions are browning too quickly, turn down the heat and add a splash of water. When the onions are caramelized and jammy, add the vinegar. Reduce the vinegar slightly, about 1 minute, and remove from heat.

2. In a medium serving bowl, combine caramelized onions and yogurt.

3. Serve cold or at room temperature with carrot sticks.

Nutrition (per serving): 80 calories, 5g protein, 5g carbohydrates, 4.5g fat (1g saturated), 1g fiber, 20mg sodium

Pizza-Stuffed Zucchini

Total time: 40 minutes
Serves 4

- 4 MEDIUM ZUCCHINI
- 1 SMALL ONION
- 1 TABLESPOON OLIVE OIL
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER
- ¾ CUP MARINARA SAUCE
- 1 CUP RICOTTA
- 1¼ CUPS SHREDDED MOZZARELLA, DIVIDED
- ¼ CUP GRATED PARMESAN, PLUS MORE FOR GARNISH
- 1 TEASPOON ITALIAN SEASONING
- ⅓ CUP MINI PEPPERONI SLICES OR QUARTERED REGULAR PEPPERONI
- CHOPPED BASIL, FOR GARNISH

1. Preheat oven to 450°F. Halve each zucchini lengthwise. Using a spoon, remove flesh from the zucchini. Place zucchini shells in a large baking dish.

2. Meanwhile, finely chop zucchini flesh. Using a box grater, grate the onion. Heat oil in a medium nonstick skillet over medium-high heat. Add onions and chopped zucchini, cooking until soft, 6 to 8 minutes. Transfer mixture to a medium bowl and add salt, pepper, marinara sauce, ricotta, ¾ cup mozzarella, Parmesan, and Italian seasoning. Stir well to combine.

3. Divide mixture among zucchini shells. Sprinkle with remaining ½ cup mozzarella. Top with pepperoni slices. Bake until golden brown, 20 to 30 minutes.

4. Garnish with Parmesan and basil before serving.

Nutrition (per serving): 330 calories, 21g protein, 10g carbohydrates, 23g fat (11g saturated), 1g fiber, 810mg sodium

Pizza
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Total time: 40 mi
Serves 4

4 MEDIUM ZUCC
1 SMALL ONION
1 TABLESPOON C
KOSHER SALT
FRESHLY GROUN
¾ CUP MARINAR
1 CUP RICOTTA
1¼ CUPS SHRED
MOZZARELLA, D
¼ CUP GRATED F
PLUS MORE FOR
1 TEASPOON ITA
⅓ CUP MINI PEP
QUARTERED RE
CHOPPED BASIL

1. Preheat ove
Halve each zu
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in a large bak

Burger Bombs

Total time: 30 minutes
Serves 20

- COOKING SPRAY, FOR MUFFIN TIN
- 1 POUND GROUND BEEF
- ½ TEASPOON GARLIC POWDER
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER
- 2 TABLESPOONS COLD BUTTER, CUT INTO 20 PIECES
- 1 (8-OUNCE) BLOCK CHEDDAR CHEESE, CUT INTO 20 PIECES
- LETTUCE LEAVES, FOR SERVING
- THINLY SLICED TOMATOES, FOR SERVING
- MUSTARD, FOR SERVING

1. Preheat oven to 375°F and grease a mini muffin tin with cooking spray. In a medium bowl, season beef with garlic powder and salt and pepper.

2. Press about 1 tablespoon of beef into the bottom of each muffin tin cup, completely covering the bottom. Place a piece of butter on top, then press about 1 tablespoon of beef over the butter to completely cover.

3. Place a piece of cheese on top of meat in each cup, then press remaining beef over cheese to completely cover.

4. Bake until meat is cooked through, about 15 minutes. Let cool slightly.

5. Carefully, use a metal offset spatula to release each burger from the tin. Serve with lettuce leaves, tomatoes, and mustard.

Nutrition (per serving): 80 calories, 5g protein, 0g carbohydrates, 7g fat (3g saturated), 0g fiber, 45mg sodium

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2. Press about 1 tablespoon of beef into the bottom of each muffin tin cup, completely covering the bottom. Place a piece of butter on top, then press about 1 tablespoon of beef over the butter to completely cover.

3. Place a piece of cheese on top of meat in each cup, then press remaining beef over cheese to completely cover.

4. Bake until meat is cooked through, about 15 minutes. Let cool slightly.

5. Carefully, use a metal offset spatula to release each burger from the tin. Serve with lettuce leaves, tomatoes, and mustard.

Nutrition (per serving): 80 calories, 5g protein, 0g carbohydrates, 7g fat (3g saturated), 0g fiber, 45mg sodium

Tomato & Mozzarella Bites

Total time: 15 minutes
Serves 20

- 2 TABLESPOONS OLIVE OIL
- 2 TABLESPOONS WHITE BALSAMIC VINEGAR
- ¼ TEASPOON DRIED OREGANO
- ¼ TEASPOON KOSHER SALT
- ¼ TEASPOON GROUND BLACK PEPPER
- 20 MINI FRESH MOZZARELLA BALLS (CILIEGINI)
- 20 GRAPE TOMATOES
- 40 BASIL LEAVES

1. In a large bowl, whisk the oil, vinegar, oregano, and salt and pepper.

2. Add the mozzarella balls, tossing to coat.

3. Thread the mozzarella onto skewers, alternating with grape tomatoes and basil leaves.

NUTRITION (per serving): 95 calories, 5g protein, 1g carbohydrates, 8g fat (4g saturated), 0g fiber, 45mg sodium

Artichoke Dip

Total time: 10 minutes
Makes 1¼ cups

- 1 LEMON
- 1 (13¾ OUNCES) CAN ARTICHOKE HEARTS, DRAINED
- ¼ CUP MAYONNAISE
- ¼ CUP FRESHLY GRATED PARMESAN
- 2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL

1. From the lemon, grate ½ teasp...

2. In a food process... the knife blade atta... purée the lemon ze... juice, artichoke he... mayonnaise, Parm... oil until smooth. T... a serving bowl. If... serving right awa... refrigerate up to...

Nutrition (per 1... serving): 60 cal... 2g protein, 2g c... 5g fat (1g satur...

Mozzarella Sticks with Dill-Yogurt Dip

Total time: 40 minutes
Serves 4

1 EGG

1 TABLESPOON WATER

KOSHER SALT

FRESHLY GROUND BLACK PEPPER

½ CUP ALMOND FLOUR

½ CUP GRATED PARMESAN

6 (1-OUNCE) STICKS MOZZARELLA STRING CHEESE

½ CUP GREEK YOGURT

1 TABLESPOON WHITE VINEGAR

½ TEASPOON GARLIC POWDER

2 TABLESPOONS CHOPPED FRESH DILL

1 TABLESPOON CHOPPED CHIVES OR SCALLIONS

2 TABLESPOONS CANOLA OIL

1. In a small bowl, whisk together egg and water. Season with salt and pepper.

2. Line a plate with parchment paper. In a shallow dish, mix almond flour and Parmesan until combined. Coat string cheese first in almond flour mixture, then egg, then the almond flour mixture again. Place on prepared plate. Repeat to coat all string cheese sticks. Freeze mozzarella sticks for 15 to 20 minutes.

3. Meanwhile, in a small bowl, combine yogurt, vinegar, garlic powder, dill, and chives. Refrigerate until needed.

4. In a medium skillet over medium-high heat, heat oil. In batches, cook breaded cheese until golden on each side, about 2 minutes per side.

5. Serve mozzarella sticks with yogurt sauce for dipping.

Nutrition (per serving): 340 calories, 23g protein, 6g carbohydrates, 28g fat (9g saturated), 2g fiber, 550mg sodium

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Chocolate Mug Cake

Total time: 5 minutes
Serves 1

- 2 TABLESPOONS (¼ STICK) BUTTER
- ¼ CUP ALMOND FLOUR
- 2 TABLESPOONS COCOA POWDER
- 1 LARGE EGG, BEATEN
- 2 TABLESPOONS KETO-FRIENDLY CHOCOLATE CHIPS
- 1 TEASPOON KETO-FRIENDLY SWEETENER
- ½ TEASPOON BAKING POWDER
- PINCH OF KOSHER SALT

1. Place butter in a microwave-safe mug and heat until melted, 30 seconds. Add remaining ingredients and stir until fully combined. Cook for 45 seconds to 1 minute, or until cake is set but still fudgy.

Nutrition (per serving): 470 calories, 15g protein, 13g carbohydrates, 44g fat (18g saturated), 7g fiber, 530mg sodium

...plate

...at oven to 350°F and ...uffin tin with paper ...n a large bowl, whisk ...r almond flour, cocoa ..., sweetener, baking ..., and salt. Add melted ...eggs, and vanilla and ... combined.

...n chocolate chips.

...e batter among ...ners and bake until ...ick inserted into the ...comes out clean.

...tes.

...n (per serving): ...ories, 7g protein, ...ates, 27g fat

Copycat Chocolate Frosty

Total time: 45 minutes
Serves 4

1½ CUPS HEAVY CREAM

2 TABLESPOONS UNSWEETENED COCOA POWDER

3 TABLESPOONS KETO-FRIENDLY CONFECTIONERS' SUGAR

1 TEASPOON PURE VANILLA EXTRACT

PINCH OF KOSHER SALT

1. In a large bowl, combine cream, cocoa powder, confectioners' sugar, vanilla, and salt. Using a hand mixer or the whisk attachment of a stand mixer, beat mixture until stiff peaks form. Scoop mixture into a plastic zip-top bag and freeze 30 to 35 minutes, until just frozen.

2. Cut tip off zip-top bag and pipe into serving dishes.

Nutrition (per serving): 320 calories, 2g protein, 4g carbohydrates, 34g fat (21g saturated), 1g fiber, 35mg sodium

Peanut Butter Squares

Total time: 2 hours, 15 minutes
Serves 12

COOKING SPRAY, FOR PAN

prepared pan... the top with a... in freezer for... firm up.

Double Chocolate Muffins

Total time: 25 minutes
Serves 12

- 2 CUPS ALMOND FLOUR
- ¾ CUP UNSWEETENED COCOA POWDER
- ¼ CUP KETO-FRIENDLY SWEETENER
- 1½ TEASPOONS BAKING POWDER
- 1 TEASPOON KOSHER SALT
- 1 CUP (2 STICKS) BUTTER, MELTED
- 3 LARGE EGGS
- 1 TEASPOON PURE VANILLA EXTRACT
- 1 CUP SUGAR-FREE DARK CHOCOLATE CHIPS

1. Preheat oven to 350°F and line a muffin tin with paper liners. In a large bowl, whisk together almond flour, cocoa powder, sweetener, baking powder, and salt. Add melted butter, eggs, and vanilla and stir until combined.

2. Fold in chocolate chips.

3. Divide batter among muffin liners and bake until a toothpick inserted into the middle comes out clean, 12 minutes.

Nutrition (per serving): 280 calories, 7g protein, 7g carbohydrates, 27g fat (11g saturated), 4g fiber, 90mg sodium

Copycat Chocolate

Total time: 45 minutes

- HEAVY CREAM
- 2 TABLESPOONS UNSWEETENED COCOA POWDER
- 3 TABLESPOONS KETO-FRIENDLY CONFECTIONERS' SUGAR
- 1 TEASPOON PURE VANILLA EXTRACT
- PINCH OF KOSHER SALT

1. In a large bowl, combine cream, cocoa powder, confectioners' sugar, vanilla,

Hot Chocolate

Total time: 10 minutes
Serves 1

2 TABLESPOONS UNSWEETENED COCOA POWDER, PLUS MORE FOR GARNISH

2½ TEASPOONS KETO-FRIENDLY SWEETENER

1¼ CUP WATER

¼ CUP HEAVY CREAM

¼ TEASPOON PURE VANILLA EXTRACT

WHIPPED CREAM, FOR SERVING

1. In a small saucepan over medium-low heat, whisk together cocoa, sweetener, and about 2 tablespoons water until smooth and dissolved. Increase heat to medium, add remaining water and cream, and whisk occasionally until hot.

2. Stir in vanilla, then pour into a mug. Serve with whipped cream and a dusting of cocoa powder.

Nutrition (per serving)
235 calories, 4g protein, 21g carbohydrates, 23g fat (15g saturated), 6.5g fiber, 19mg sodium

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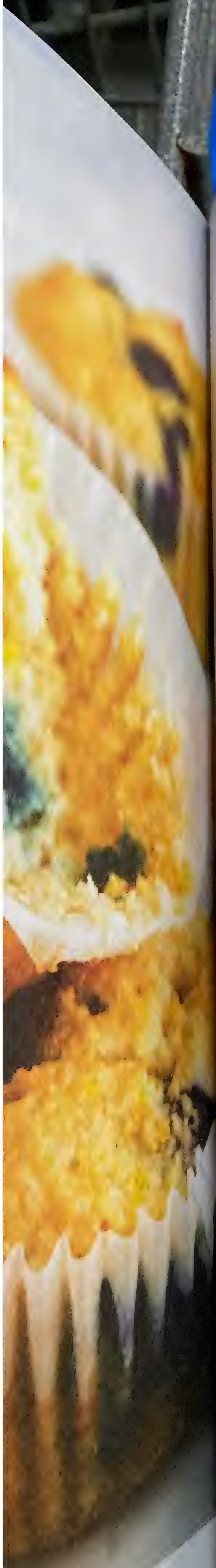
...n a small saucepan over ...edium-low heat, whisk ...gether cocoa, sweetener, ...d about 2 tablespoons ...ter until smooth and ...solved. Increase heat ...medium, add remaining ...ter and cream, and whisk ...casionally until hot.

...Stir in vanilla, then pour ... a mug. Serve with ...pped cream and a dusting ...cocoa powder.

...trition (per serving) ... calories, 4g protein, ... carbohydrates, 23g fat ... saturated), 6.5g fiber, ...g sodium



Blueberry Muffins

Total time: 40 minutes
Serves 12

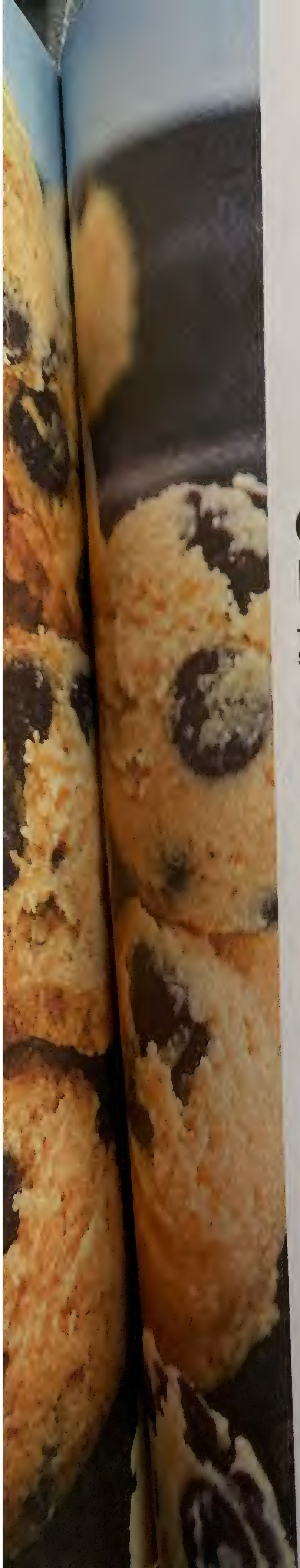
- 2½ CUPS ALMOND FLOUR
- ⅓ CUP KETO-FRIENDLY SWEETENER
- 1½ TEASPOONS BAKING POWDER
- ½ TEASPOON BAKING SODA
- ½ TEASPOON KOSHER SALT
- ⅓ CUP MELTED BUTTER
- ⅓ CUP UNSWEETENED ALMOND MILK
- 3 LARGE EGGS
- 1 TEASPOON PURE VANILLA EXTRACT
- ⅔ CUP FRESH BLUEBERRIES
- ZEST OF ½ LEMON (OPTIONAL)

1. Preheat oven to 350°F and line a 12-cup muffin pan with cupcake liners.

2. In a large bowl, whisk to combine almond flour, sweetener, baking powder, baking soda, and salt. Whisk in melted butter, almond milk, eggs, and vanilla until just combined.

3. Gently fold blueberries and lemon zest (if using) until evenly distributed. Scoop equal amounts of batter into each cupcake liner and bake until slightly golden and a toothpick inserted into the center of a muffin comes out clean, 23 minutes. Let cool slightly before serving.

Nutrition (per serving): 210 calories, 7g protein, 13g carbohydrates, 19g fat (5g saturated), 4g fiber, 269mg sodium



Cookie Dough Bombs

Total time: 1 hour
Serves 30

- 8 TABLESPOONS (1 STICK) BUTTER, SOFTENED TO ROOM TEMPERATURE
- ⅓ CUP KETO-FRIENDLY CONFECTIONERS' SUGAR
- ½ TEASPOON PURE VANILLA EXTRACT
- ½ TEASPOON KOSHER SALT
- 2 CUPS ALMOND FLOUR
- ⅔ CUP DARK CHOCOLATE CHIPS

1. In a large bowl using a hand mixer, beat butter until light and fluffy. Add confectioners' sugar, vanilla, and salt and beat until combined.

2. Slowly beat in almond flour until no dry spots remain, then fold in chocolate chips. Cover bowl with plastic wrap and place in refrigerator to firm slightly, 15 to 20 minutes.

3. Using a small cookie scoop, scoop dough into small balls. Store in the refrigerator if planning to eat within the week, or in the freezer for up to 1 month.

Nutrition (per serving): 70 calories, 2g protein, 2g carbohydrates, 7g fat (2g saturated), 1g fiber, 35mg sodium

Triple Berry Crisp

Total time: 40 minutes
Serves 10

- COOKING SPRAY
- 1 (6-OUNCE) PACKAGE RASPBERRIES
- 1 (6-OUNCE) PACKAGE BLACKBERRIES
- 1 CUP HULLED AND SLICED STRAWBERRIES
- 1 TEASPOON LEMON ZEST
- 2 TEASPOONS LEMON JUICE
- 1 TEASPOON STEVIA, DIVIDED
- 1 TEASPOON VANILLA EXTRACT
- 2 TABLESPOONS PLUS ¾ CUP ALMOND FLOUR, DIVIDED
- ¾ CUP FINELY CHOPPED PECANS
- 2 TABLESPOONS GROUND FLAX SEED
- ¼ TEASPOON CINNAMON
- 3 TABLESPOONS BUTTER, SOFTENED

1. Preheat oven to 350°F and grease an 8-by-8-inch baking dish with cooking spray. In a large bowl, mix berries, lemon zest, lemon juice, ½ teaspoon stevia, vanilla, and 2 tablespoons almond flour until combined. Spread mixture into bottom of prepared baking dish.

2. In a medium bowl, add remaining ¾ cup almond flour, pecans, flax seed, cinnamon, remaining ½ teaspoon stevia, and butter. Using a fork or clean hands, toss until coarse crumbs form. Sprinkle over berries.

3. Bake until crumble is golden, about 30 to 35 minutes, checking and covering with foil if browning too much. Cool slightly before serving.

Nutrition (per serving): 170 calories, 4g protein, 9g carbohydrates, 15g fat (3g saturated), 5g fiber, 35mg sodium

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ion zest, lemon
spoon stevia,
2 tablespoons
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ium bowl, add
¼ cup almond flour,
x seed, cinnamon,
½ teaspoon stevia,
Using a fork or
s, toss until coarse
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Cool slightly
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per serving):
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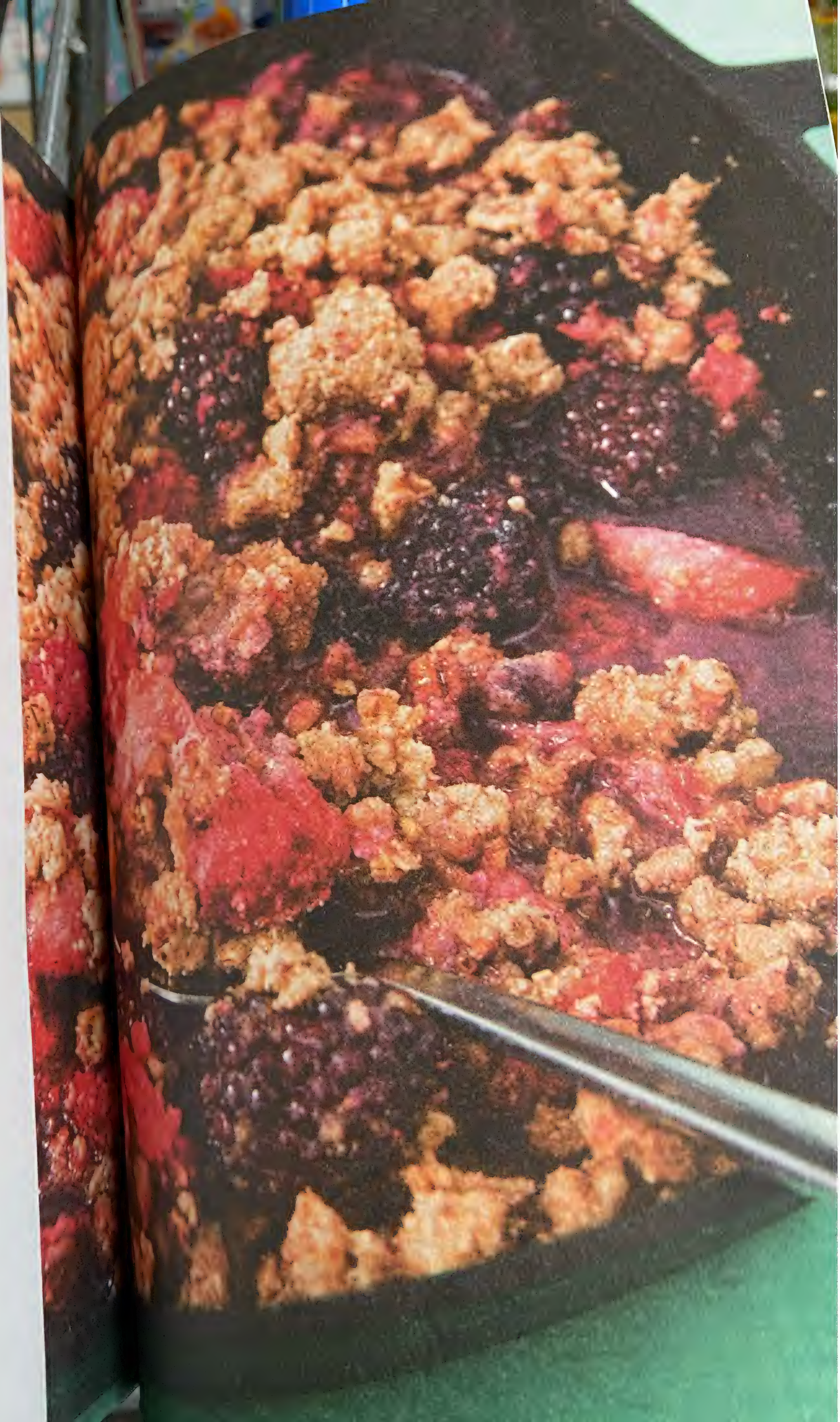

fat

13 g

turated fat

390 mg

sodium

& LIGHT BITES

MOZZARELLA STICKS WITH HERB-YOGURT DIP

SERVES 8 | TOTAL TIME: 1 HR 15 MIN

1 **egg**
1 tbsp. **water**
Kosher salt
¼ teaspoon freshly ground **black pepper**
⅓ cup **almond flour**
½ c grated **Parmesan**
6 (1–oz.) sticks **mozzarella string cheese**
½ cup **Greek yogurt**
1 tbsp. **white vinegar**
½ tsp. **garlic powder**
2 tbsp. freshly chopped **dill**
1 tbsp. finely chopped **chives**
2 tbsp. extra-virgin **olive oil**

1. Line a plate with parchment paper. In a small bowl, whisk together egg and water. Season with salt and pepper.
2. In a shallow dish, mix almond flour and Parmesan. Coat string cheese first in almond flour mixture, then egg, then the almond flour mixture again. Place on prepared plate. Repeat to coat all string cheese sticks. Freeze for 15 to 20 minutes.
3. Meanwhile, in a small bowl, stir together yogurt, vinegar, garlic powder, dill, and chives.
4. In a medium skillet over medium-high heat, heat oil. In batches, cook string cheese until golden on each side, about 2 minutes per side.
5. Serve with yogurt sauce for dipping.

NUTRITION FACTS
(Per Serving):

250
calories

14 g
protein

5 g
carbs

1 g
fiber

3 g
sugar

27 g
fat

13 g
saturated fat

390 mg
sodium

ssing:
yonnaise
d zest of 1 **lemon**
jon mustard

at oven to 400°. On a large heet, toss shrimp with oil and vith salt and pepper.

until shrimp are opaque, 5 to s.

rge bowl, whisk together non juice and zest, and mustard. vith salt and pepper. Add hrimp, red onion, celery, and wl and toss until combined.

over lettuce.

PRO TIP!

For super thin chips, spray the bottom of a dry measuring cup with cooking spray and press lightly on the scoops of avocado mixture to flatten.

AVOCADO CHIPS

SERVES 4 | TOTAL TIME: 25

1 large ripe **avocado**
¾ c. freshly grated **Parmesan**
1 tsp. **lemon juice**
½ tsp. **garlic powder**
½ tsp. **Italian seasoning**
Kosher salt
Freshly ground **black pepper**

1. Preheat oven to 325° and line baking sheets with parchment pa In a medium bowl, mash avocad smooth. Stir in Parmesan, lemon garlic powder, and Italian season Season with salt and pepper.

2. Place heaping teaspoon-size s of mixture on baking sheet, leav about 3 inches apart between ea scoop. Flatten each scoop to 3 in wide across.

3. Bake until crisp and golden, minutes, then let cool complete

SERVES

2 **avoca**
2 c. shre
¼ c. **rec**
⅓ c. **ma**
2 tbsp.
Juice of
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2. Mak mix tog greek y Fold in and pe

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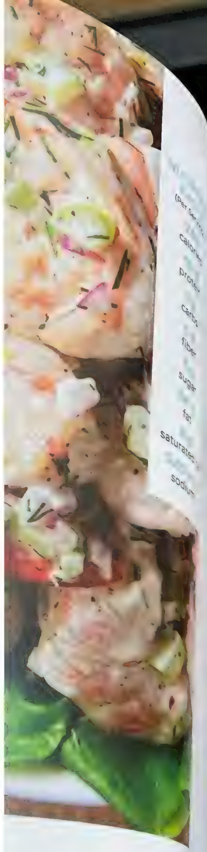

OCADO
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OTAL TIME: 25 MIN

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black pepper

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Parmesan, lemon juice,
nd Italian seasoning.
and pepper.

teaspoon-size scoops
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CHICKEN SALAD STUFFED AVOCADOS

SERVES 4 | TOTAL TIME: 20 MIN

2 **avocados**, pitted
2 c. shredded **chicken**
¼ c. **red onion**, minced
⅓ c. **mayonnaise**
2 tbsp. **Greek yogurt**
Juice of 1 **lemon**
1½ tsp. **Dijon mustard**
Kosher salt
Freshly ground **black pepper**
Freshly chopped **parsley**, for garnish

1. Scoop out avocados, leaving a small border. Dice avocado and set aside.
2. Make chicken salad: In a large bowl, mix together chicken, onion, mayo, greek yogurt, lemon juice, and mustard. Fold in diced avocado. Season with salt and pepper.
3. Divide salad among 4 avocado halves. Garnish with parsley.

SWITCH IT UP!

This recipe works well with canned tuna, too! You'll need 2 (5–oz.) cans. Go for the kind packed in olive oil for extra flavor and fat.

MORE!

CAULIFLOWER BAKED ZITI

SERVES 6 | TOTAL TIME: 1 HR 10 MIN

1 tbsp. extra-virgin **olive oil**
1 medium **onion**, chopped
3 **garlic** cloves, minced
Pinch **red pepper flakes**
1 lb. **ground beef**
Kosher salt
Freshly ground **black pepper**
2 tbsp. **tomato paste**
1 tsp. **dried oregano**
1 (28-oz.) can **crushed tomatoes**
2 tbsp. thinly sliced **basil**, plus more for garnish
3 cups **cauliflower florets**, blanched and drained well
1½ c. **ricotta**
2 c. shredded **mozzarella**
½ c. freshly grated **Parmesan**

1. Preheat oven to 375°. In a large saucepan over medium heat, heat oil. Add onion and cook until soft, about 5 minutes. Stir in garlic and red pepper flakes and cook for one minute. Add beef and season with salt and pepper. Cook until no longer pink, 6 minutes. Drain fat.

2. Return saucepan over medium heat and add tomato paste and oregano. Cook for 2 minutes more, until slightly darkened. Add crushed tomatoes and bring to a simmer. Reduce heat and cook, stirring occasionally, until slightly reduced and flavors have melded, 10 to 15 minutes. Remove from heat and stir in basil.

3. In a large bowl, pour sauce over cauliflower and stir to combine. In a large baking dish, place half the cauliflower in an even layer. Dollop all over with half the ricotta, and sprinkle with half the mozzarella and Parmesan. Add the rest of the cauliflower in an even layer on top, and top with remaining cheeses.

4. Bake until cheese is melty and golden, 25 minutes. Garnish with basil before serving.

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1 tbsp. extra-virgin **olive oil**
1 medium **onion**, chopped
2 **garlic** cloves, minced
Pinch **red pepper flakes**
1 lb. **ground beef**
Kosher salt
Freshly ground **black pepper**
2 tbsp. **tomato paste**
1 tsp. **dried oregano**
1 (28-oz.) can **crushed tomatoes**
2 tbsp. thinly sliced **basil**, plus mo
for garnish
3 cups **cauliflower florets**, blanche
and drained well
1½ c. **ricotta**
2 c.

CAULIFLOWER NOODLE LASAGNA

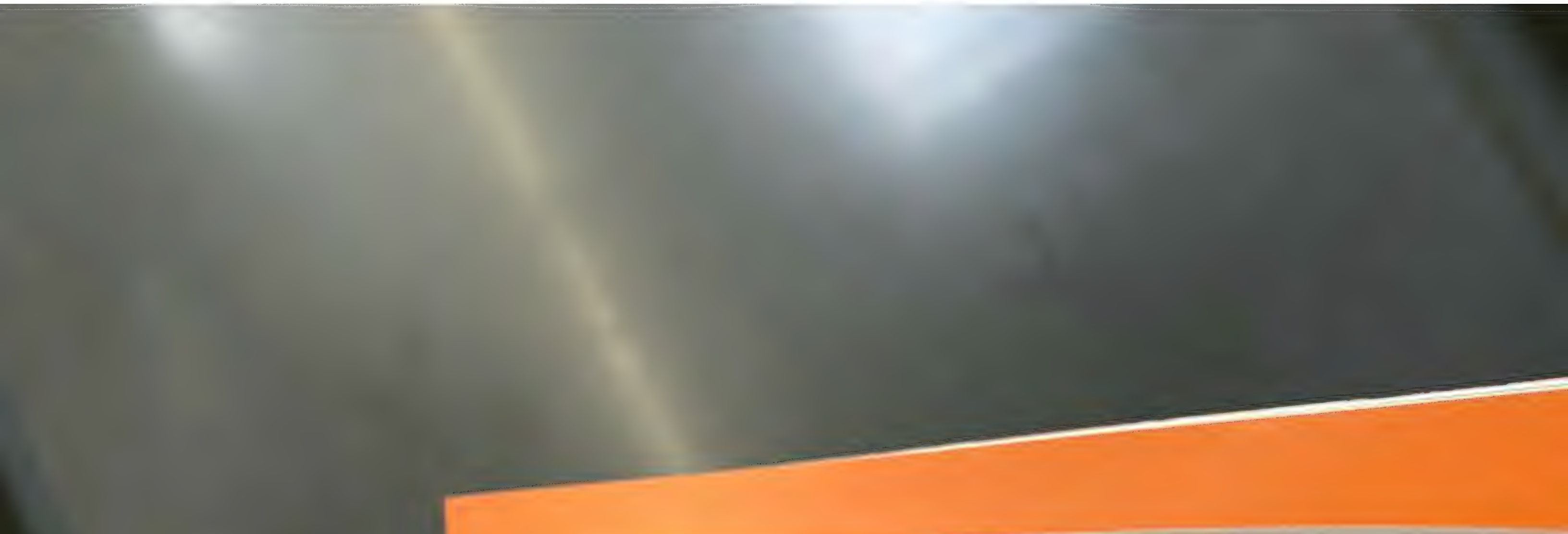
SERVES 6 | TOTAL TIME: 1 HR

For the "noodle" layer:
- 3 large **eggs**, beaten
- 1 (12-oz.) container **riced cauliflower** (about 2½ cups)
- 1 c. shredded **mozzarella**
- **Kosher salt**

For the sauce:
- ½ tbsp. extra-virgin **olive oil**
- 1 lb. ground **turkey**
- 1 tsp. **Italian seasoning**
- **Kosher salt**
- Freshly ground **black pepper**
- 2 tbsp. **tomato paste**
- ¾ c. **crushed tomatoes**

For the cheese filling:
- 1 c. **ricotta**
- ¾ c. shredded **mozzarella**, divided
- ¼ c. grated **Parmesan**
- 1 large **egg**, beaten
- 1 tsp. **Italian seasoning**
- **Kosher salt**
- Freshly ground **black pepper**
- Freshly chopped **parsley**, for garnish

1. Preheat the oven to 350° and line a sheet pan with parchment paper. In a large bowl, stir together eggs, cauliflower, 1 cup mozzarella, and salt. Spread onto prepared sheet pan in an even layer about ¾-inch thick.
2. Bake until golden, 25 minutes. Let cool 10 minutes, and increase oven temperature to 400°.
3. Make sauce: In a medium skillet over medium-high heat, heat oil. Add turkey and season with Italian seasoning, salt, and pepper. Cook, breaking up the meat with the back of a wooden spoon, until no longer pink, 6 to 8 minutes. Stir in tomato paste and crushed tomatoes and cook 2 minutes.
4. Make filling: In a medium bowl, mix ricotta, ½ cup mozzarella, Parmesan, egg, and Italian seasoning until combined. Season with salt and pepper.
5. Add half the sauce to a 8x8-inch baking dish. Cut the cauliflower "noodle" layer into strips and place in baking dish. Top with filling and more cauliflower noodles, then top with remaining sauce and cauliflower noodles. Sprinkle remaining ¼ cup shredded mozzarella on top.
6. Bake in oven until golden, 20 to 25 minutes.
7. Garnish with parsley before serving.


NUTRITION FACTS
(Per Serving):
250
calories
29 g
protein
7 g
carbs
2 g
fiber
3 g
sugar
13 g
fat
6 g
saturated fat
380 mg
sodium

ZUCCHINI RAVIOLI

SERVES 8 | TOTAL TIME: 1 HR

Extra-virgin **olive oil**, for baking dish
4 medium **zucchini**
2 c. **ricotta**
½ c. freshly grated **Parmesan**, plus more for garnish
1 large **egg**, beaten
4 tbsp. thinly sliced **basil**, divided
1 clove **garlic**, minced
Kosher salt
Freshly ground **black pepper**
2 c. **marinara**
½ c. shredded **mozzarella**

1. Preheat oven to 375° and grease a large baking dish with oil.

2. Make the noodles: Slice two sides of each zucchini lengthwise to create two flat sides. Using a vegetable peeler, slice each zucchini into thin flat strips, peeling until you reach the center. These are your "noodles."

3. Make the filling: In a medium bowl, combine ricotta, Parmesan, egg, 2 tablespoons basil, garlic, and season with salt and pepper.

4. Assemble the ravioli: Lay two strips of zucchini noodles so that they overlap lengthwise. Lay two more noodles on top, perpendicular to the first strips. You should end up with a "+" shape. Spoon about 1 tablespoon of filling in the center of the zucchini. Bring the ends of the strips together to fold over the center, working one side at a time. Place in the baking dish seam-side down. Repeat with remaining ingredients. Pour marinara around zucchini and top with mozzarella.

5. Bake until zucchini noodles are "al dente" and cheese is melty, 25 minutes.

6. Top with remaining 2 tablespoons basil and Parmesan before serving.

Work clockwise when folding the zucchini

ZUCCHINI RAVIOLI

SERVES 8 | TOTAL TIME: 1 HR

Extra-virgin **olive oil**, for baking
4 medium **zucchini**
2 c. **ricotta**
½ c. freshly grated **Parmesan**,
more for garnish
1 large **egg**, beaten
4 tbsp. thinly sliced **basil**, div
1 clove **garlic**, minced
Kosher salt
Freshly ground **black peppe**
2 c. **marinara**
½ c. shredded **mozzarella**

1. Preheat oven to 375° and
baking dish with oil.

2. Make the noodles: Slice
zucchini lengthwise to cre
Using a vegetable peeler,
into thin flat strips, peelin
center. These are your "n

3. Make the filling: In a n
combine ricotta, Parmes
basil, garlic, and season

4. Assemble the ravioli
of zucchini noodles so
lengthwise. Lay two
top, perpendicular to
should end up with a
about 1 tablespoon
of the zucchini. Brin
together to fold ov
one side at a time.
seam-side down.
ingredients. Pour
and top with moz

5. Bake until zuc
and cheese is m

6. Top with rem
and Parmesan

NIGHT DINNERS

LEMON BUTTER SHRIMP

SERVES 6 | TOTAL TIME: 1 HR 10 MIN

3 tbsp. **butter**, divided
1 tbsp. extra-virgin **olive oil**
1 lb. medium **shrimp**, peeled and deveined
1 **lemon**, thinly sliced
3 cloves **garlic**, minced
1 tsp. crushed **red pepper flakes**
Kosher salt
Freshly ground **black pepper**
Juice of 1 **lemon**
2 tbsp. **vegetable broth** (or water)
Freshly chopped **parsley**, for garnish

1. In a large skillet over medium heat, melt 2 tablespoons butter and oil. Add shrimp, lemon slices, garlic, and red pepper flakes, and season with salt and pepper. Cook, stirring occasionally, until shrimp is pink and opaque, about 3 minutes per side.
2. Remove from heat and stir in remaining butter, lemon juice, and vegetable broth. Season with salt.
3. Toss shrimp with sauce. Garnish with parsley before serving.

NUTRITION FACTS (Per Serving)

- **200** calories
- **18 g** protein
- **4 g** carbs
- **5 g** fiber
- **1 g** sugar
- **13 g** fat
- **6 g** saturated fat
- **840 mg** sodium

CHAPTE

WEEK DINI

LEMON BU

SERVES 6 | TO

3 tbsp. butter, divided
1 tbsp. extra-virgin olive oil
1 lb. medium shrimp, peeled
1 lemon, thinly sliced
3 cloves garlic

CHEESY BACON RANCH CHICKEN

SERVES 4 | TOTAL TIME: 35 MIN

4 slices **bacon**, chopped
4 boneless skinless **chicken breasts**
2 tsp. **ranch seasoning**
Kosher salt
Freshly ground **black pepper**
1 1/2 c. shredded **mozzarella**
Finely chopped **chives**, for garnish

1. In a large skillet over medium heat, cook bacon, until crispy, about 8 minutes. Transfer to a paper towel–lined plate. Drain all but 2 tablespoons of bacon fat.

2. Season chicken with salt and pepper, and add to skillet. Cook until golden, about 6 minutes per side.

3. Reduce heat to medium and sprinkle chicken with ranch seasoning and top with mozzarella. Cover the skillet and cook, until cheese is melted and bubbly, about 5 minutes.

4. Sprinkle bacon and chives on top.

CHEESY MEATBALLS

SERVES 6 | TOTAL TIME: 50 MIN

For the meatballs:

1 lb. **ground beef**
1 clove **garlic**, minced
½ c. shredded **mozzarella**
¼ c. freshly grated **Parmesan**, plus more for serving
2 tbsp. freshly chopped **parsley**
1 large **egg**, beaten
1 tsp. **kosher salt**
½ tsp. freshly ground **black pepper**
2 tbsp. extra-virgin **olive oil**

For the sauce:

1 medium **onion**, chopped
2 cloves **garlic**, minced
1 (28-oz.) can crushed **tomatoes**
1 tsp. dried **oregano**
Kosher salt
Freshly ground **black pepper**

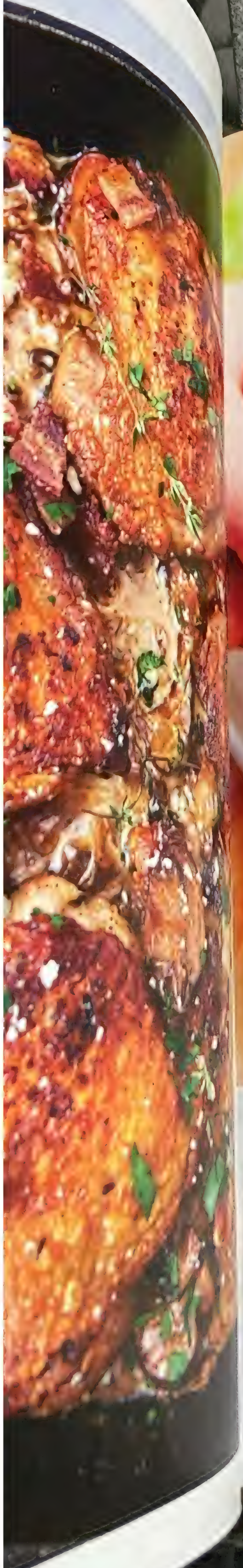
1. In a large bowl combine beef, garlic, mozzarella, Parmesan, parsley, egg, salt, and pepper. Form into 16 meatballs.

2. In a large skillet over medium heat, heat oil. Add meatballs and cook, turning occasionally, until golden on all sides, about 10 minutes. Remove from skillet and place on a paper towel—lined plate.

3. To the same skillet, add onion and cook until soft, 5 minutes. Add garlic and cook until fragrant, 1 minute more. Add tomatoes and oregano and season with salt and pepper.

4. Return meatballs to skillet, cover, and simmer until sauce has thickened, 15 minutes.

5. Garnish with Parmesan before serving



NUTRITION FACTS
(Per Serving):
430 calories
32 g protein
10 g carbs
3 g fiber
5 g sugar
28 g fat
11 g saturated fat
570 mg sodium

PHILLY CHEESESTEAK LETTUCE WRAPS

SERVES 4 | TOTAL TIME: 30 MIN

- 2 tbsp. extra-virgin **olive oil**, divided
- 1 large **onion**, thinly sliced
- 2 large **bell peppers**, thinly sliced
- 1 tsp. dried **oregano**
- **Kosher salt**
- Freshly ground **black pepper**
- 1 lb. **skirt steak**, thinly sliced
- 1 c. shredded **provolone**
- 8 large **butterhead lettuce** leaves
- 1 tbsp. freshly chopped **parsley**

1. In a large skillet over medium heat, heat 1 tablespoon oil. Add onion and bell peppers and season with oregano, salt, and pepper. Cook, stirring often, until vegetables are tender, about 5 minutes. Remove peppers and onions from skillet and heat remaining oil in skillet.
2. Add steak in a single layer and season with salt and pepper. Cook until the steak is seared and cooked to your liking, about 2 minutes per side for medium.
3. Add onion mixture back to skillet and toss to combine. Sprinkle provolone over steak and onions then cover skillet with lid and cook until the cheese is melty, about 1 minute. Remove from heat.
4. Arrange lettuce on a serving platter. Scoop steak mixture onto each piece of lettuce. Garnish with parsley and serve warm.

EGG ROLL BOWLS

SERVES 4 | TOTAL TIME: 35 MIN

- 1 tbsp. **vegetable oil**
- 1 clove **garlic**, minced
- 1 tbsp. minced fresh **ginger**
- 1 pound ground **pork**
- 1 tbsp. **sesame oil**
- ½ **onion**, thinly sliced
- 1 c. shredded **carrots**
- ¼ green **cabbage**, thinly sliced
- ¼ c. low–sodium **soy sauce**
- 1 tbsp. **sriracha**
- 1 green **onion**, thinly sliced
- 1 tbsp. **sesame seeds**, for garnish

1. In a large skillet over medium heat, heat vegetable oil.
2. Add garlic and ginger and cook until fragrant, 1 to 2 minutes. Add pork and cook until no pink remains.
3. Push pork to the side and add sesame oil. Add onion, shredded carrots, and cabbage. Stir to combine with meat and add soy sauce and sriracha. Cook until cabbage is tender, 5 to 8 minutes.
4. Transfer mixture to serving dish and garnish with green onions and sesame seeds before serving.

SWITCH IT UP!
Both ground turkey and ground chicken work well in this recipe and can be substituted for the pork!

NUTRITION FACTS

160

5 g

5 mg

1 g

4 g

10 g

4 g

260 mg

CAPRESE ZOODLES

SERVES 6 | TOTAL TIME: [illegible]

1 (16–oz.) container **zucchini noodles**
2 tbsp. extra–virgin **olive oil**
Kosher salt
Freshly ground **black pepper**
2 c. **cherry tomatoes**, halved
1 c. **mozzarella balls**, quartered if large
¼ c. fresh **basil**
2 tbsp. **balsamic vinegar**

1. Add zoodles to a large bowl, toss with olive oil and season with salt and pepper. Let marinate 15 minutes.

2. Add tomatoes, mozzarella and basil and toss until combined.

3. Drizzle with vinegar and serve.

CLOUD BREAD

SERVES 8 | TOTAL TIME: 40 MIN

3 large **eggs**, at room temperature
¼ tsp. **cream of tartar**
Pinch of **kosher salt**
2 oz. **cream cheese**, softened

1. Preheat the oven to 300° and line a large baking sheet with parchment paper.

2. Separate egg whites from yolks into two medium glass bowls. Add cream of tartar and salt to egg whites, then using a hand mixer, beat until stiff peaks form, 2 to 3 minutes. Add cream cheese to egg yolks, then, using a hand mixer, beat until combined. Gently fold egg yolk mixture into egg whites.

3. Divide mixture into 8 mounds on prepared baking sheet, spacing them about 4 inches apart. Bake until golden, 25 to 30 minutes.

SWITCH IT UP!

Follow Step 1 and then incorporate these easy variations.

Pizza Cloud Bread:
Stir 1 tablespoon **Italian seasoning**, 2 tablespoons shredded **mozzarella** or grated **Parmesan**, and 2 teaspoons **tomato paste** into the egg yolk mixture.

Everything Cloud Bread:
Stir 1/8 teaspoon **kosher salt**, 1 teaspoon **poppy seeds**, 1 teaspoon **sesame seeds**, 1 teaspoon **minced dried garlic**, and 1 teaspoon **minced dried onion** (or use 1 tablespoon **everything bagel seasoning**) into the egg yolk mixture.

Ranch Cloud Bread:
... ranch seasoning

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¼ tsp. **cream of tartar**
Pinch of **kosher salt**
2 oz. **cream cheese**, softened

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3. Divide mixture into 8 mounds on prepared baking sheet, spacing them about 4 inches apart. Bake until golden, 25 to 30 minutes.

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Pizza Cloud Bread:
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Everything Cloud Bread:
Stir 1/8 teaspoon **kosher salt**, 1 teaspoon **poppy seeds**, 1 teaspoon **sesame seeds**, 1 teaspoon **minced dried garlic**, and 1 teaspoon **minced dried onion** (or use 1 tablespoon **everything bagel seasoning**) into the egg yolk mixture.

Ranch Cloud Bread:
Stir 1½ teaspoons **ranch seasoning** powder into the egg yolk mixture.

calories
2 g protein
2 g carbs
1 g fiber
0 g sugar
7 g fat
2 g saturated fat
35 mg sodium

FIVE

SUGAR-FREE DESSERTS

COOKIE DOUGH FAT BOMBS

YIELDS 30 | TOTAL TIME: 45 MIN

- ½ c. (1 stick) **butter**, softened
- ⅓ c. **Swerve confectioners sweetener**
- ½ tsp. **pure vanilla extract**
- ½ tsp. **kosher salt**
- 2 c. **almond flour**
- ¾ c. **keto-friendly dark chocolate chips** (such as Lily's)

1. In a large bowl, using a hand mixer, beat butter until light and fluffy. Add sugar, vanilla, and salt and beat until combined.
2. Slowly beat in almond flour until no dry spots remain, then fold in chocolate chips. Place bowl in freezer to firm up slightly, 10 to 15 minutes.
3. Line a large baking sheet with parchment paper. Using a small cookie scoop, scoop 30 tablespoon-size balls of dough onto prepared baking sheet. Refrigerate until firm, about 20 minutes.
4. Store in the refrigerator if planning to eat within the week or in the freezer for up to 1 month.

COPYCAT CHOCOLATE FROSTY

SERVES 4 | TOTAL TIME: 45 MIN

1 1/2 c. **heavy cream**
2 tbsp. **unsweetened cocoa powder**
3 tbsp. **Swerve confectioners sweetener**
1 tsp. **pure vanilla extract**
Pinch **kosher salt**

1. In a large bowl, combine cream, cocoa, sweetener, vanilla, and salt. Using a hand mixer or the whisk attachment of a stand mixer, beat mixture until stiff peaks form.

2. Scoop mixture into a Ziploc bag and freeze 30 to 35 minutes, until just frozen.

3. Cut tip off a corner of the Ziploc bag and pipe into serving dishes.

NUTRITION FACTS
Per Serving
[illegible] calories
[illegible] protein
[illegible] carbs
1 g fiber
0 g sugar
[illegible] fat
[illegible] saturated fat
[illegible] sodium

KETO ICE CREAM

SERVES 8 | TOTAL TIME: 8 HR 15 MIN

2 (15–oz.) cans **coconut milk**
2 c. **heavy cream**
1/4 c. **Swerve confectioners sweetener**
1 tsp. **pure vanilla extract**
Pinch **kosher salt**

1. Chill coconut milk in the fridge at least 3 hours, ideally overnight. Spoon coconut cream into a large bowl, leaving liquid in can, and use a hand mixer to beat until creamy. Set aside.
2. In a large bowl, using a hand mixer (or in a bowl of a stand mixer), beat heavy cream until soft peaks form. Beat in sweetener and vanilla and a pinch of salt.
3. Fold whipped coconut into whipped cream, then transfer mixture into a loaf pan.
4. Freeze until solid, about 5 hours.

NUTRITION FACTS
(Per Serving):

370
calories

4 g
protein

6 g
carbs

2 g
fiber

0 g
sugar

39 g
fat

30 g
saturated fat

45 mg
sodium

NUTRITION FACTS (Per Serving):
360 calories
15 g protein
10 g carbs
3 g fiber
3 g sugar
22 g fat
8 g saturated fat
220 mg sodium

TACO BRUNCH CASSEROLE

SERVES 4 | TOTAL TIME: 50 MIN

1 tbsp. extra-virgin **olive oil**
1 lb. **ground turkey**
1 tbsp. **chili powder**
1 tsp. **ground cumin**
½ tsp. **garlic powder**
Kosher salt
Freshly ground **black pepper**
Cooking spray
5 large **eggs**
½ cup **whole milk**
¾ cup shredded **Monterey Jack**
1 c. shredded **romaine**
1 medium **tomato**, chopped
1 small **avocado**, halved, pitted, and diced
Sour cream, for drizzling

1. Preheat oven to 350°. In a 10-inch ovenproof skillet over medium-high, heat oil. Add ground turkey and season with chili powder, cumin, garlic powder, salt, and pepper. Cook, breaking up meat with back of a wooden spoon until turkey is no longer pink, 6 to 8 minutes. Remove from heat and liberally coat the sides of the skillet with cooking spray.

2. In a medium bowl, whisk together eggs, milk, and cheese. Pour over the cooked ground turkey.

3. Bake until center of eggs are set, 30 to 40 minutes.

4. Garnish with lettuce, tomatoes, avocado, and sour cream before serving.

EVERYTH

SERVES 8 | TOTAL TIME: 3

2 c. **almond flour**
1 tbsp. **baking powder**
3 c. shredded **mozzarella**
2 oz. **cream cheese**

1. Preheat oven to 400°
flour with the baking po
cheese. Microwave, st

2. Scrape the cheese
combined. Divide the
of each ball and stre

3. Brush the top of

4. Bake on the mic

BLUEBERRY MUFFINS

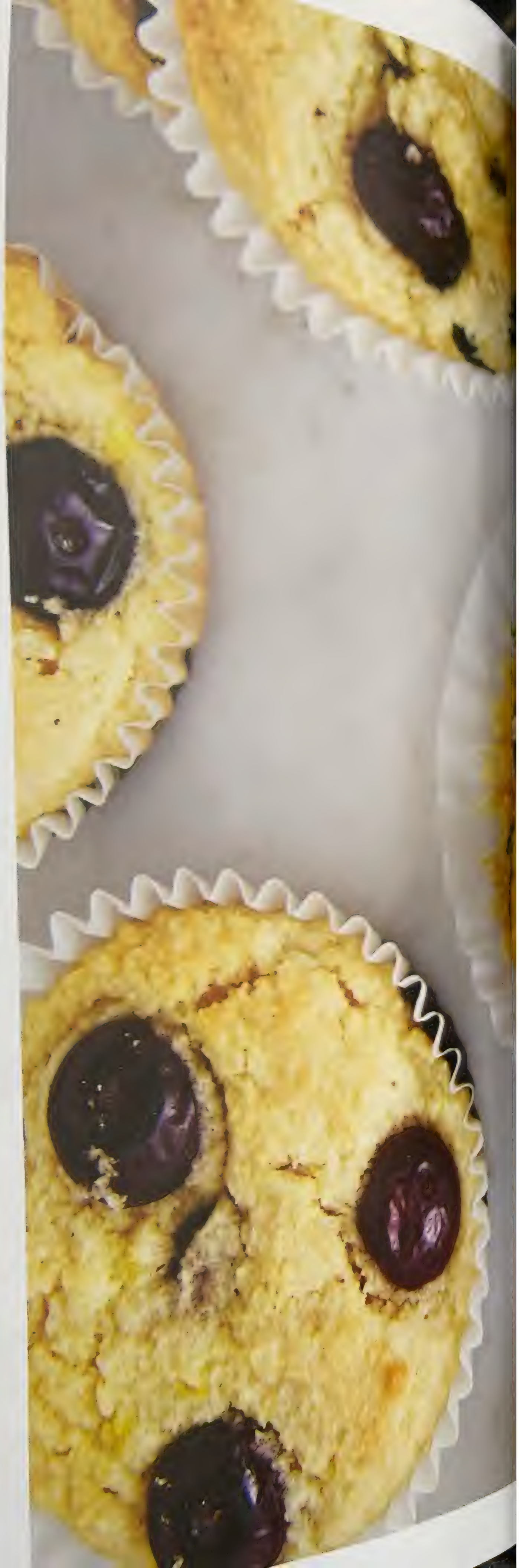
SERVES 12 | TOTAL TIME: 30 MIN

2½ c. **almond flour**
⅓ c. **Swerve granular sweetener**
1½ tsp. **baking powder**
½ tsp. **baking soda**
½ tsp. **kosher salt**
⅓ c. melted **butter**
⅓ c. **unsweetened almond milk**
3 large **eggs**
1 tsp. **pure vanilla extract**
⅔ c. fresh **blueberries**
Zest of ½ **lemon** (optional)

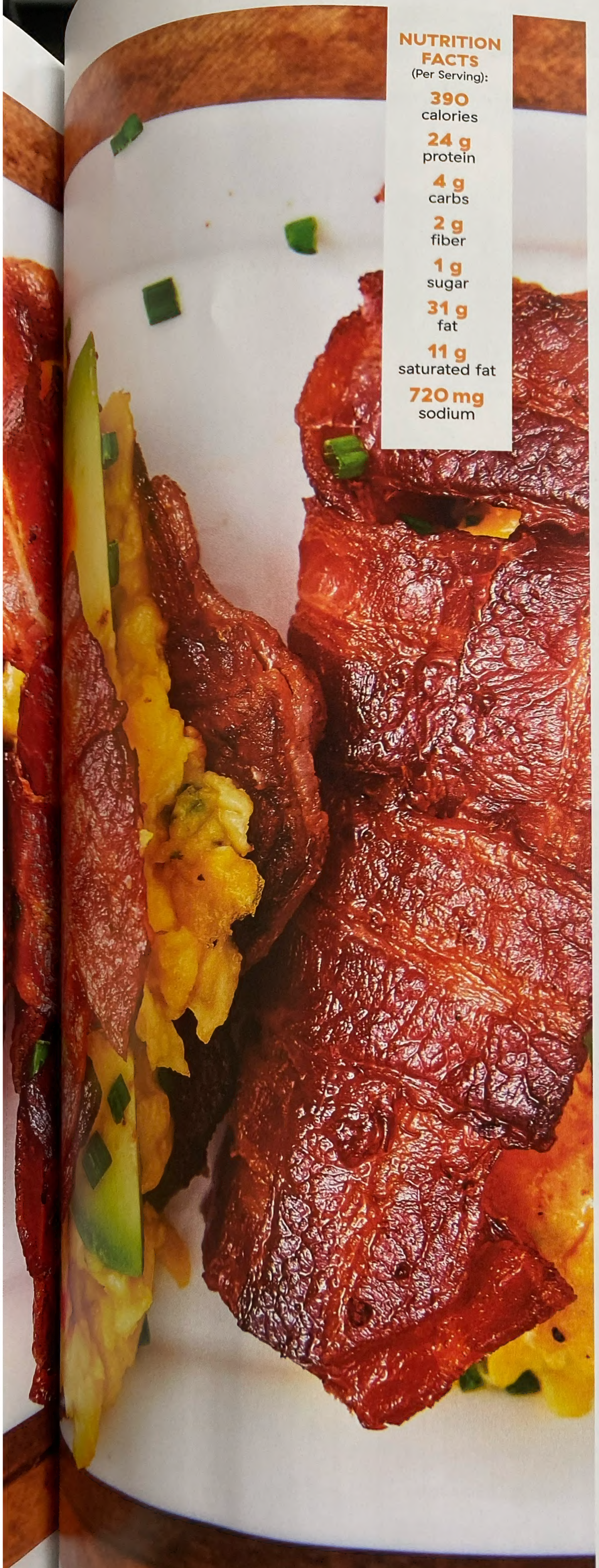
1. Preheat oven to 350° and line a 12-cup muffin pan with cupcake liners.

2. In a large bowl, whisk to combine almond flour, sugar, baking powder, baking soda, and salt. Whisk in melted butter, almond milk, eggs, and vanilla until just combined.

3. Gently fold blueberries and lemon zest (if using) until evenly distributed. Scoop equal amounts of batter into each cupcake liner and bake until slightly golden and a toothpick inserted into the center of a muffin comes out clean, 23 minutes. Let cool slightly before serving.



NUTRITION FACTS
(Per Serving):
200 calories
7 g protein
13 g carbs
4 g fiber
2 g sugar
18 g fat
5 g saturated fat
265 mg sodium



NUTRITION FACTS (Per Serving):
- **390** calories
- **24 g** protein
- **4 g** carbs
- **2 g** fiber
- **1 g** sugar
- **31 g** fat
- **11 g** saturated fat
- **720 mg** sodium

BACON WEAVE BREAKFAST TACOS

SERVES 4 | TOTAL TIME: 30 MIN

16 slices **bacon**, halved
Freshly ground **black pepper**
6 large **eggs**
1 tbsp. **whole milk**
1 tbsp. **butter**
Kosher salt
2 tbsp. chopped **chives**
¼ c. shredded **Monterey jack**
1 **avocado**, sliced
Hot sauce, for serving

1. Make bacon taco shells: Preheat oven to 400° and line a large rimmed baking sheet with foil. To form one bacon weave, line up 4 bacon halves side by side on prepared pan. Lift back two halves, and place a fifth bacon underneath those slices and on top of the other two pieces. Place folded halves back down. Lift the other two strips and repeat process. Repeat process to use 8 bacon halves.

2. Repeat to make three weaves. Season with pepper. Place an inverted baking rack on top to make sure bacon stays flat.

3. Bake until bacon is mostly crispy, 30 to 35 minutes. Working quickly, trim each square with a paring knife or kitchen shears to make a round shape.

4. Meanwhile, make scrambled eggs: In a medium bowl, whisk together eggs and milk.

5. In a medium skillet over medium-low heat, melt butter. Pour in egg mixture. Gently move eggs around with a spatula, creating large curds. When eggs are almost cooked to your liking, season with salt and pepper. Fold in chives and remove from heat.

6. Assemble tacos: On a serving platter, top the bacon taco shells with scrambled ... with cheese and top with

HAM & CHEESE EGG CUPS

SERVES 10 | TOTAL TIME: 40 MIN

Cooking spray
12 slices **ham**
1 c. shredded **cheddar**
12 large **eggs**
Kosher salt
Freshly ground **black pepper**
Chopped fresh **parsley**, for garnish

1. Preheat oven to 400° and grease a 12-cup muffin tin with cooking spray. Line each cup with a slice of ham and sprinkle with cheddar. Crack an egg into each ham cup and season with salt and pepper.

2. Bake until eggs are cooked through, 12 to 15 minutes (depending on how runny you like your yolks).

3. Garnish with parsley and serve.

CRISPY CHICKEN WAFFLE

SERVES 6 | TOTAL TIME: 3

For the chicken:
4-oz. **pork rinds**
½ c. grated **Parmesan**
1 large **egg**
2 tbsp. **mayonnaise**
2 tbsp. **water**
Kosher salt
Freshly ground **black pepp**
1¼ lb. thinly sliced **chicken**
cut into strips

For the waffles:
4 large **eggs**
1 c. **almond flour**
1 c. **shredded cheddar**
¼ c. **milk**
½ c. **sour cream**
1 tsp. **baking powder**
Kosher salt
Freshly ground **black pep**
Cooking spray
Butter, for serving
2 tbsp. finely chopped **chiv**

PRO TIP!

Syrup isn't keto–friendly; but toasted unsweetened coconut, melted peanut butter, and berries are the perfect substitute.